**Mission**

To prevent suicide, promote mental health, and create a message of hope for young adults.

**Objectives**

**H**elp challenge stigma by talking openly about mental health issues

**O**ffer engaging and uplifting programming, emphasizing peer-to-peer messaging

**P**romote help seeking behavior, self-care, and coping skills

**E**ducate about the risk factors and warning signs of suicide and other related mental health concerns

**Programs and Partnerships**

***Fresh Check Day***

Fresh Check Day is an uplifting mental health fair that builds a campus community around mental health and suicide prevention through engaging peer-to-peer education. It creates an approachable atmosphere where students are encouraged to engage in dialogues about mental health, and it helps to build a bridge between students and the mental health resources that exist on campus, in the community, and on a national level. For more information, visit **freshcheckday.com**.

***Check In***

Check In is a fresh solution for mental health awareness. It is an uplifting mental health promotion program for all ages that creates an approachable atmosphere that fosters dialogue about mental health. It includes interactive expo booths, community resources, and prize incentives, with a focus on fun! For more information visit, **freshcheckday.com/checkin**.

***4 What’s Next***

4 What’s Next is a primary prevention program that builds psychological resiliency in students by giving them the tools to handle stress and distress now and in their future. Over the course of 5 thirty-minute modules, students will understand what distress looks like for them and develop or strengthen an internal locus of control related to their mental health and emotional wellbeing. They will gain skills for psychological resiliency such as self-advocacy, coping, and help-seeking, and learn how to apply these skills to better manage conflict, time, and money as examples. For more information, visit **4whatsnext.org**

***Nielsen Survey on the College Freshman Experience***

In 2015, JPF partnered with the JED Foundation and the Partnership for Drug Free Kids to conduct a full-scale national study on the transition issues impacting our college students. This study focused on the college freshman experience and covered topics that support the need for high school students to be emotionally prepared for college, as well as academically. These results and key messages were distributed nationally in fall 2015, and have informed the further development of our 4 What’s Next program*.*

**Other Initiatives**

JPF has established research partnerships with the Injury Prevention Center at Connecticut Children’s Medical Center to help us conduct and publish formal program evaluations.

We hold other community events such as forums, panel discussions, and storytelling events to help raise mental health awareness.