



PROJECT
PREVENT

PROJECT PREVENT™



INTRODUCTION

PROJECT 375 is passionately dedicated to eradicating the stigma surrounding mental health by raising awareness and improving care for youth. Mental health is an essential part of children's overall health and directly affects their ability to succeed in school, sports, at home and in society. We believe early prevention and intervention will save lives. For every one person we educate on mental illness one less has to suffer from it.

Through our program, PROJECT PREVENT™, we respond to the needs of children and adolescents by introducing technology-driven support and providing parents, teachers and staff members with Youth Mental Health First Aid training. Our goal is to create improved access to care for students most at risk and in need of mental health services, as well as provide a safer, more supportive environment for all youth.

HIGHLIGHTS:

- 1. Lucid: Mental Training**, a PROJECT PREVENT™ application, and encouraged to download and utilize this application. This application was previously only available to elite athletes such as Brandon Marshall, Michael Phelps and Kobe Bryant but will now be available to students through PROJECT PREVENT™.
- 2. Students will also be provided with a Mental Fitness Toolkit.** This folder provides students with mental health facts and myths, connects them with teen peer to peer groups, contact information for the National Suicide Prevention Hotline, volunteer opportunities and information about PROJECT 375.
- 3. School faculty and parents will be invited to participate in a Youth Mental Health First Aid training (mentalhealthfirstaid.org) powered by PROJECT 375.** Youth Mental Health First Aid is an 8- hour public education program which introduces participants to the unique risk factors and warning signs of mental

health problems in adolescents, builds understanding of the importance of early intervention, and teaches individuals how to help an adolescent in crisis or experiencing a mental health challenge. Mental Health First Aid uses role-playing and simulations to demonstrate how to assess a mental health crisis; select interventions and provide initial help; and connect young people to professional, peer, social, and self-help care.

The course teaches participants the risk factors and warning signs of a variety of mental health challenges common among adolescents, including anxiety, depression, psychosis, eating disorders, AD/HD, disruptive behavior disorders, and substance use disorder. Participants do not learn to diagnose, nor how to provide any therapy or counseling - rather, participants learn to support a youth developing signs and symptoms of a mental illness or in an emotional crisis.



MIND OVER MATTER TALKS IN THE ZONE WITH BRANDON & MICHI MARSHALL



Together, Brandon and Michi have visited schools across the nation to speak to students about the importance of mental health. They have shared their journey as it relates to raising awareness for the Mental Health Community. Their talks have been globally recognized through outlets such as ESPN, Huffinton Post and Mental Healthy UK. To date they have spoken to over 5,000 students, and through PROJECT PREVENT™ have provided over 200 teachers, principals, community leaders and parents with Youth Mental Health First Aid training.

With suicide being the 2nd leading cause of death in adolescents ages 10-24, they are dedicated to ensuring youth across the nation receive prevention and early intervention services. These trainings build understanding of the importance of early intervention, and teaches individuals how to help an adolescent in crisis or experiencing a mental health challenge.

ABOUT BRANDON AND MICHI

As Co-Founder of PROJECT 375, **Michi Marshall** works hard to de-stigmatize Mental Illness and raise awareness for the Mental Health community. She is dedicated to ensuring youth across the nation receive prevention and early intervention services. Michi is certified in Behavioral Forensics and Behavioral Profiling and holds a B.A in Psychology and a B.S in Criminal Justice. She has done extensive work with the Child Mind Institute of New York as ambassador for their Healthy Brain Network and is officially recognized as a trainer with Mental Health First Aid USA.



As the executive chairman and co-founder of PROJECT 375, **Brandon Marshall** is passionately dedicated to his work in the Mental Health Community. Brandon believes strongly that football is his platform and his work in the mental health community is his mission in life. In 2010, Brandon was diagnosed with Borderline Personality Disorder. This diagnosis led him to McLean Hospital in Boston, where, during his three-month outpatient program he realized the prevalence of mental illness. After his diagnosis, he took an oath to help others living with a mental illness or disorders and founded PROJECT 375.

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Follow us on all our social channels @PROJECT375

<https://project375.org/get-involved-2/>

DOWNLOAD OUR COMMUNITY FUNDRAISING GUIDE

This guide provides a helpful set of guidelines to appropriately plan and execute an amazing event.

Within this packet you can find FAQ's, guidelines for the use of our logo and the necessary documentation in order to get started. You can help make a critical difference within the mental health community and beyond!