FOR COMMUNITY LEADERS, ADVOCATES, AND CLINICIANS

Free mental health mini-courses for Montana's youth

Project YES gives your students free, research-supported mini-courses they complete on their own — **in about 5 minutes.**

WHAT IT IS

Project YES is a free online platform of mental health mini-courses designed and vetted by Northwestern University psychologists. Each takes 5 to 10 minutes and builds skills to manage stress, improve mood, and cope with challenges. **Everything is anonymous, with no identifying information collected.**

Project YES isn't a replacement for therapy, but it can help youth through difficult moments and feel more ready to reach out for further support.

THE GAP IT FILLS

Right here in Montana, more than 40% of teens say they often feel sad or hopeless, but support is hard to reach. Families may live hours from the nearest clinic, and counselors serve hundreds of students at once. Project YES gives every student something helpful they can reach on their own, no appointment needed.

WHO IT'S FOR

For any young adult **ages 11-17** who's stressed, struggling, or just curious. Project YES is designed to be shared widely (it's anonymous, self-guided, and low-risk), so it isn't a fit for acute crisis or active safety concerns.

Over 150,000 young people nationwide have tried Project YES mini-courses.
Research shows they can reduce self-hate and depression & strengthen a sense of agency and hope.

Learn the science behind Project YES:

montana.projectyesguide.org/the-science

HOW TO BRING IT TO OUR YOUTH

1

Review the guide

Scan the QR code to see how Project YES works and how to introduce it to the youth we serve.

2

Share it widely

Add a link to your website, newsletter, or spread the word to local affiliates along with this flyer.

3

Youth use it

One mini-course or several, anytime they like. About 5 minutes each, anonymous, on their own device.

Get the advocate's guide

Scan the code, or visit **montana.projectyesguide.org**, to see how Project YES works and how to share it with your students.

Or try out a mini-course yourself: **tryprojectyes.org/montana**

Still have questions? Book a free 1-hour consult with our team: **https://calendly.com/projectyes-lsmh/30min**

A partnership between the **Lab for Scalable Mental Health** (Northwestern University Feinberg School of Medicine), **Frontier Psychiatry**, **Montana Pediatrics**, and **Montana Office of Public Instruction**

For any questions, contact: **LSMH@northwestern.edu**