

The Jed Foundation 2020 Annual Report

Together, We're Helping
Our Nation's Youths Grow
Into Thriving Adults



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WELCOME!

Emerging adults are facing extraordinary challenges right now—remote learning, physical isolation, missed activities and milestones, uncertain futures, financial vulnerability, safety and tensions around racial inequality—that are interrupting their development and impacting their mental health. One sobering indicator came in August, when the Centers for Disease Control and Prevention [reported](#) that a quarter of young adults have seriously contemplated suicide during the pandemic.

High schools and colleges, the real-life places with the most teens and young adults, are struggling to meet the mental health needs of their students because of daunting operational and financial challenges. Additionally, their faculty and staff are stretched thin and dealing with COVID-19 challenges themselves. The result is a widening gap where we need a stronger safety net. This is where The Jed Foundation (JED) comes in.

JED is a one-of-a-kind organization that operates at this intersection of education and mental health. We have a deep understanding of youth mental health needs and how to effectively partner with schools to create safe and supportive environments that act as a mental health safety net for students.

We have met this moment by leaning in and scaling up existing programs with proven efficacy, as well as innovating to meet demand and address emerging needs and ways of working. For example:

- Over 36,000,000 people have been educated about how to support teen and young adult mental health through JED campaigns and online resources.
- Teens and young adults who have been reached through our national campaign, Seize the Awkward, are significantly more likely to have talked to friends about mental health.
- We are a trusted advisor to numerous youth serving organizations including the NBA, Spotify, Viacom, and the Ad Council.
- 400,000 students and 11,000 teachers at 8,500 high schools used curricula from JED's Set to Go program to help students prepare emotionally for life after high school.
- 35,000,000 college and university students, representing 15% of all students in higher education, attend 320 JED Campuses (schools that have partnered with JED to strengthen their approaches to protect emotional health and prevent suicide).

Since COVID-19, we have adapted our work with these schools to:

- help increase their capacity to offer telehealth services;
- help faculty and staff identify students at risk during remote learning;
- provide critical recommendations for families with young adults at home instead of on campus;
- provide new and expanded opportunities for school leaders to meet and talk virtually with JED staff as well as each other to share resources, ideas, and support;
- issue guidance for colleges and universities around how to best support students during the fall 2020 semester.

JED helps schools identify and implement concrete actions to strengthen their safety nets and helps teens and young adults build resiliency and navigate this trying time. We provide schools with proven strategies and an individualized approach. Indeed, I believe it is our deep subject matter expertise, coupled with a commitment to building close, collaborative relationships with school partners, that has distinguished JED as a groundbreaking organization.

We are purposeful and thorough in evaluating the impact of our work. This summer, we released [data](#) compiled from the first 56 schools that completed JED Campus. From training faculty, staff, and students how to notice and refer a student who may be struggling to expanding the number of clinicians available to support students, from providing mental health screenings during health appointments to conducting campus-wide scans to find and restrict access to potentially lethal means, the evaluation showed clear evidence that JED Campus schools are taking multiple actions to protect the mental health of their students.

Based on this proven track record of success—and the current, widespread challenges—**demand for our programs and guidance is at an all-time high.**

With deep appreciation, we thank you for your support and partnership that has made our work possible. I'd like to share how grateful I am for JED's [team](#), which, to a person, has shown tremendous resilience, commitment, professionalism, and care throughout this tumultuous year. We assure you that your support is both greatly appreciated and wisely invested.

With gratitude,



John MacPhee
Executive Director and CEO



OUR STORY

Phil and Donna Satow lost their youngest son, Jed, to suicide in 1998. Although suicide was, and continues to be, the second-leading cause of death among young adults, at that time, schools had no comprehensive model in place for preventing suicide on campus. Recognizing the need for such support, in 2000, the Satows founded The Jed Foundation (JED) to launch a blueprint for suicide prevention. Today, JED is the nation's leading organization dedicated to young adult mental health.

Our Mission

JED is a nonprofit that protects emotional health and prevents suicide for our nation's teens and young adults.

Our Vision

We envision a future where:

- Every high school and college has a comprehensive system that supports emotional health and reduces the risks of substance misuse and suicide
- All teens and young adults are equipped to navigate mental health challenges and to seek and give help, and are emotionally prepared to enter adulthood and fulfill their potential
- Our communities support the emotional well-being and mental health of teens and young adults
- Mental health is recognized as part of general health and wellness and is not associated with shame, secrecy or prejudice

WHY JED IS NEEDED

Navigating the complexities of today's world as a young person is challenging enough under “normal” circumstances. Between the demands of school, the weight of the pressures fueled by social media, and just the typical, everyday growing pains that come with maturing into adulthood (i.e., puberty, dating, forging meaningful friendships, asserting independence), it can all feel overwhelming. It can be stressful and difficult to manage successfully.

In 2020, that already rocky terrain was further complicated by the pandemic and our national reckoning with racial injustice and violence. Preventative measures intended to stem the spread of the virus led to feelings of isolation and disconnectedness—and for many, loss and grief. Meanwhile, civil unrest and the nationwide demonstrations against police brutality added to the psychological toll on young people.

The Scope of the Problem

- **3 out of 10 (29.4%)** young adults ages 18 to 24 experienced a mental health condition in the past year.¹
- Suicide and accidents—including prescription drug overdoses and alcohol poisoning—are the **two leading causes** of death among our nation's teens and young adults.²
- **60%** of first-year college students wish they were better prepared emotionally for the transition out of high school.²
- At some point during the past year, nearly 66% of all college students experienced “overwhelming anxiety,” and **45%** reported feeling “so depressed it was difficult to function.”³
- **13.3%** of college students³ and **18.8%** of high school students reported having serious thoughts of suicide in the past 12 months.⁴

¹ SAMHSA 2019 (Past Year Prevalence of Any Mental Illness Among U.S. Adults)

² “[First Year College Experience Study](#),” Harris Poll, 2015

³ [American College Health Association – National College Health Assessment](#), Spring 2019

⁴ “CDC 2020 (Youth Risk Behavior Surveillance System)”

All of these factors only serve to further reinforce the need for JED and our full breadth of programs. For 20 years, JED has equipped teens and young adults with resiliency and life skills by promoting social connectedness and encouraging help-seeking and help-giving behaviors through our nationally recognized programs, digital channels, and partnerships. JED also strengthens schools by working directly with high schools, colleges, and universities—representing millions of students—to put systems, programs, and policies in place to create a culture of caring that protects student mental health, builds life skills, and makes it more likely that struggling students will seek help and be recognized, connected to care, and supported. We mobilize communities by providing education, training, and tools to families, friends, media, and others. This work has had a positive, life-affirming impact, with the most powerful testimony to its effectiveness coming from those who have directly benefited from our efforts:



JED has us addressing emotional well-being on all fronts. Now our colleagues on campus think about how our offices, programs, and services can coordinate and share resources to promote and impact our students' mental wellness.

Drexel University



To view video, open document in Adobe Acrobat and click to play



OUR APPROACH

Our Mission and Vision

The mission of The Jed Foundation is to protect emotional health and prevent suicide for our nation's teens and young adults. We envision a future where:

- Every high school and college has a comprehensive system that supports students' emotional health and reduces the risks of substance misuse and suicide.
- All teens and young adults are equipped to navigate mental health challenges and to seek and give help, and are emotionally prepared to enter adulthood and fulfill their potential.
- Our communities support the emotional well-being and mental health of teens and young adults.
- Mental health is recognized as part of general health and wellness and not associated with shame, secrecy, or prejudice.

What We Do

JED equips America's teens and young adults with the skills and support they need to grow into healthy, thriving adults.

Mental health impacts all aspects of our lives: school, work, home, relationships, and personal well-being. Supporting and protecting mental health during the challenging transition from the teenage years to adulthood requires a comprehensive approach that addresses all the factors that can impact how we think, feel, and perceive the world around us.

JED's portfolio of programs is designed to target all of these areas, making it most likely we can change lives, save lives, and help young people thrive.

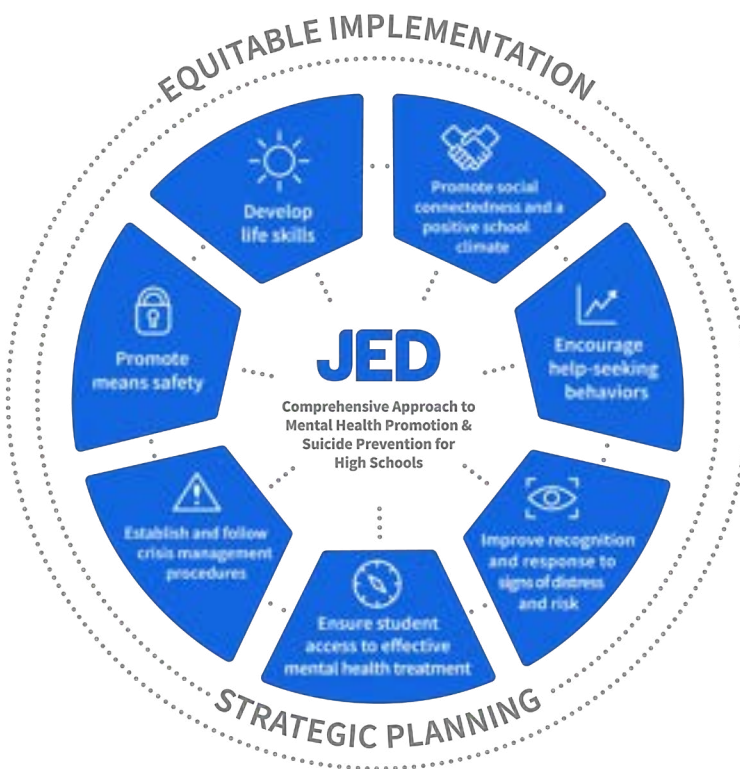
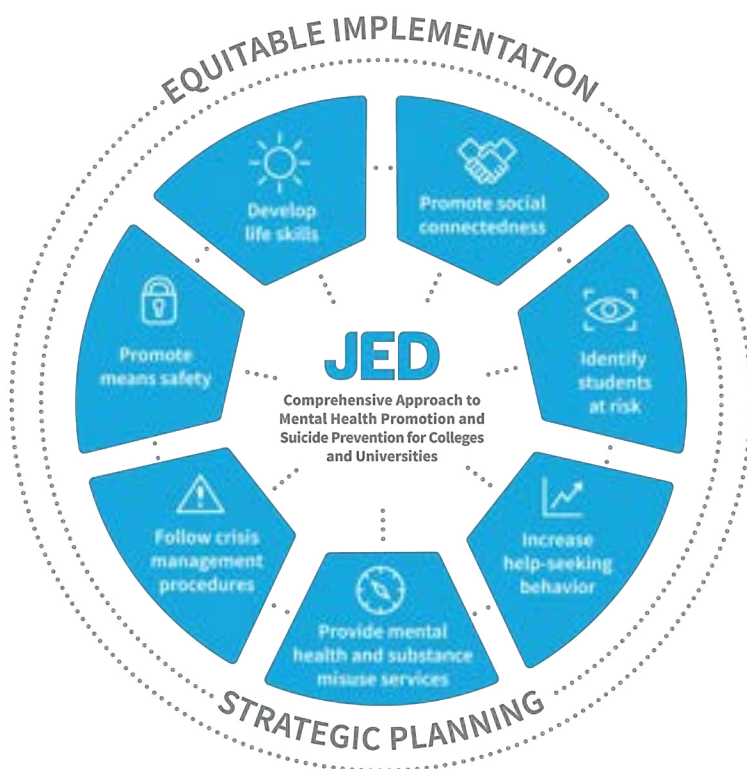
Our Three Areas of Focus

- **Empowering Individuals:** Research shows that building resiliency and life skills, promoting social connectedness, and encouraging help-seeking and help-giving behaviors in teens and young adults supports their overall well-being, helps them thrive, and protects their emotional health, making it less likely they will fall into unhealthy behaviors. JED uses digital campaigns, the media, and partnerships to engage this audience where they are and in a way they'll understand.
- **Strengthening Schools:** For students, their school community is a critical part of their support network and emotional safety net. JED works directly with high schools, colleges, and universities, representing millions of students to put systems, programs, and policies in place to create a culture of caring that protects student mental health, builds life skills, and makes it more likely that students will seek help and struggling students will be recognized, connected to mental health care, and supported.
- **Mobilizing Communities:** Our mental health is impacted by the world around us. There are a range of factors that can influence the perspective, well-being, and behaviors of our teens and young adults including families, friends, media, and high-profile voices. JED partners with these communities to create a culture of caring, grounded in deeper understanding and reduced shame and secrecy, and to collaborate on amplifying their positive impact while minimizing potential harm.

Our Comprehensive Approach

Our programs are grounded in our signature [Comprehensive Approach to Mental Health Promotion and Suicide Prevention for Colleges and Universities](#) and our [Comprehensive Approach to Mental Health Promotion and Suicide Prevention for High Schools](#). These evidence-based models are used to assess efforts currently being made on campus, identifying existing strengths and areas for improvement.

Our methodology is centered on **seven** domains—led by the overarching principles of strategic planning and equitable implementation—designed to support mental health, reduce substance misuse, and prevent suicide:



And now, most importantly, after years of implementation, we have accumulated [peer-reviewed evidence](#) to support the efficacy of our methods. For example, when we initiated our signature JED Campus program, **55%** of participating campuses screened students for depression, anxiety, and suicidal ideation at campus health centers. Today, **84%** screen for these issues. Additionally, through their work with JED, **90%** of schools have instituted programs and campaigns that help reduce the shame and secrecy that often surrounds mental health, an increase from **65%** at baseline.

One of our most successful case studies is our collaboration with [Kent State University](#). Prior to its JED Campus participation, Kent State did not have a strategic plan for optimizing their emotional wellness initiatives on campus. With JED's support and guidance, Kent State's university-wide effort to prioritize student mental health and well-being introduced comprehensive strategies that addressed the needs of the Kent State campus, as well as its regional campus locations.

As evidence of the program's significant and immediate impact, in the first year of its partnership with JED, Kent State created Kent State of Wellness (KSoW), aimed at fostering a culture of health and wellness for students and employees on all Kent State campuses. In utilizing JED Campus' Comprehensive Approach, this signature initiative served to prioritize student emotional well-being on all campuses in a more direct and meaningful way.



The partnership with JED has changed the trajectory of our future. What JED gave us was the validation behind all the anecdotal information that we knew to be true about student mental health on our campuses.

Jennifer Kulics,

Associate Vice President for Student Affairs
Kent State University



And while we are deeply invested in enhancing mental health support at institutions of higher learning, JED is equally committed to addressing the mental health challenges of young people early in their development, as they prepare for their future—academic and beyond. To that end, this year we formally launched JED High School, a new initiative to help high schools assess and strengthen their mental health and suicide prevention approaches.







We are all responsible,
collectively, for our
nation's young people.

Jennifer Kulics,

Associate Vice President for Student Affairs
Kent State University



OUR PROGRAMS

Higher Education

JED empowers campus communities nationwide to strengthen their overall efforts to address student mental health, substance misuse, and suicide prevention. Our innovative work with colleges and universities is grounded in the evidence-based practice of our Comprehensive Approach to Mental Health Promotion and Suicide Prevention for Colleges and Universities. In addition, in response to research indicating that youth of color can experience additive mental health stressors, JED collaborated with The Steve Fund to develop the [Equity in Mental Health Framework](#), a set of recommendations for colleges focused on the mental health and well-being of students of color.

JED Campus, JED's signature higher education program, is designed to guide schools through a collaborative process of program and policy development, offering customized support to build upon an institution's existing student mental health offerings. Through participation in JED Campus, colleges and universities embark on a four-year strategic partnership with JED with the goal of assessing and enhancing the work already being done, as well as fostering positive, systemic change in the campus community.

In 2020, **JED Campus Fundamentals** was launched as an easier-to-access option for schools unable to participate in JED Campus. This 18-month program includes initial assessments and guidance to help an institution establish and begin implementation of a mental health strategic plan for their campus.

High School

Suicide risk remains a critical issue for our nation's teens—one that is increasingly more apparent. Because teens don't always feel comfortable reaching out for help when in the depths of their struggles, taking a proactive, comprehensive public health approach to mental health promotion and suicide-risk reduction in high schools is imperative.

Recognizing the growing urgency of this problem, and hearing the myriad concerns expressed by multiple education stakeholders, we sought to fill a void and answered the call. JED's high school focused program, **Set to Go**, guides students, families, and high school educators through important social, emotional, and mental health considerations related to emotional preparation for the transition from high school to college and adulthood. Set to Go reaches 1.9 million teens and parents with essential information and resources about emotional health and well-being. JED resources are also reaching 1,700 K-12 schools in New York City through a partnership with the Department of Education's School Mental Health program, The Mayor's Fund to Advance New York City, and ThriveNYC.

JED High School, a new program that launched in the fall of 2020, is designed to protect emotional health and reduce suicide risk among high schoolers. Adapting the method employed for colleges and universities, our [Comprehensive Approach to Mental Health and Suicide Prevention for High Schools](#) provides a series of recommendations for schools on how to approach mental health and suicide prevention. This model forms the basis of the technical assistance we provide

to high schools in our JED High School program. In addition, in partnership with the Healthy Minds Network at the University of Michigan, we developed a Healthy Minds for High School survey, the first national survey instrument to assess the prevalence of mental health issues among high school students and gain insight into their attitudes about mental health.

Through JED High School, we are partnering with high schools and districts across the country to strengthen their systems, programs, and policies related to mental health, substance misuse, and suicide prevention. The ultimate goal of this research-based initiative is to ensure that secondary learning institutions across our country have a comprehensive plan in place that serves as a culture of caring to promote for mental health and suicide prevention.

Youth and Community Campaigns

JED develops public education campaigns, provides expert insights, and forges powerful partnerships to ensure more teens and young adults have access to the resources and support they need to navigate life's challenges. We strive to educate and equip students, families, and communities to understand when and how to support themselves and others who are in distress or struggling with a mental health issue.

In partnership with Ad Council and the American Foundation for Suicide Prevention (AFSP), JED operates a national campaign, [Seize the Awkward](https://seizetheawkward.org) (seizetheawkward.org), that encourages teens and young adults to initiate a conversation with a friend who may be struggling with mental health issues.

OTHER PROGRAMS INCLUDE:

Love is Louder

An online community working together to build a world where we all feel connected and supported.

Mental Health is Health

JED is a founding partner in MTV Entertainment Group's new Mental Health is Health initiative, an online resource designed to start conversations, encourage help-seeking, and share tools to help us take care of ourselves and the people we know and love.

JED Storytellers

Each year, JED trains individuals from all over the country who have been affected by mental health issues to share their authentic, inspiring personal stories—letting others know they are not alone and help is available.

JED Voices

Stories are a powerful way to reduce shame, prejudice, and secrecy. They can also inspire us to be proactive about our mental health. In this video series, we sit down with notable mental health advocates who talk about what it means to them.

OUR EXPERT RESOURCES

JED produces and disseminates in-depth training and accessible resources to support educators, including:

The Equity in Mental Health Framework

Created in partnership with The Steve Fund in 2017, the [Equity in Mental Health Framework](#) (EMHF) provides colleges and universities with 10 recommendations and implementation strategies to help inform and strengthen their approach to mental health for college students of color. The Equity in Mental Health Toolkit helps implement those recommendations, which include: supporting campus-based efforts to reduce shame and prejudice around mental illness, increasing responsiveness, improving campus climate, and providing system-wide opportunities that allow all students to thrive.

Together with The Steve Fund, JED worked for two years with a cohort of 18 colleges and universities to implement the EMHF. Across the participating institutions, the [pilot implementation project](#) raised awareness, focused attention, and fostered conversation on the importance of supporting and institutionalizing the mental health needs of students of color. All of the pilot schools made progress toward implementing the EMHF, and all of the schools committed to making the mental health and emotional well-being of students of color a priority. As the participating schools reflected on their progress at the end of the project, without exception, they expressed commitment to continue their implementation and ensure sustained outcomes. The knowledge and insights gained through

the project will enable The Steve Fund and JED to expand support for the mental health and emotional well-being of more students of color through more efficient and effective implementation of the EMHF recommendations at additional colleges and universities.

JED's POV on Student Mental Health and Well-Being in Fall Campus Reopening

In this [Point-of-View document](#), we offered some considerations for our college and university campuses as they continue to prepare and work through supporting the mental health and well-being of their communities during COVID-19, in whatever format it will take for each campus.

College Suicide Prevention Through the Creation of Communities of Care

This [peer-reviewed paper](#), published by the National Academy of Medicine, touches on new insights from the JED Campus Program, and offers concrete approaches that colleges should implement to support their young people.

HEMHA College Counseling From a Distance Guide

With the rise of technology and distance education, there's been an increase in student requests for services delivered through technology and from a distance. In partnership with the Higher Education Mental Health Alliance (HEMHA), this [guide](#) was designed to aid mental health professionals

who serve college students, as well as higher education administrators, in engaging in dialogue about the benefits, limitations, and concerns around collegiate telemental health services in order to best understand if, when, and to whom these services should be provided.

Balancing Safety and Support on Campus: A Guide for Campus Teams

Developed by JED and the Higher Education Mental Health Alliance (HEMHA), this [guide](#) offers campus professionals insight to all the factors that should be considered when organizing a behavioral intervention team.

Postvention: A Guide for Response to Suicide on College Campuses

Created by JED and HEMHA, this guide helps colleges and universities effectively and sensitively respond to campus suicide deaths, should they occur.

For a complete list of JED programs and resources, please visit: jedfoundation.org/programs.



The [JED] Campus Program Framework has been useful in framing mental health as an institutional concern, and the recommendations generated through participation in the program have resulted in real change at Princeton. We are grateful for the expert consultation, and the support.

Calvin Chin, Ph.D.,
Director, Counseling
Princeton University



MENTAL HEALTH ADVOCACY

JED [advocates](#) for federal and state policies that intersect with our vision of a future where every high school and college has a comprehensive system that supports emotional health for all students and reduces the risks of substance misuse and suicide. We want all teens and young adults to be equipped to navigate mental health challenges—and to seek and give help—while being emotionally prepared to enter adulthood and fulfill their potential.

Youth Mental Health and Suicide Prevention Act ([H.R. 1803](#) – Rep. Tony Cárdenas)

This bill would authorize the Secretary of Health and Human Services to establish a grant program to promote comprehensive mental health and suicide prevention efforts in high schools.

The Enhancing Mental Health and Suicide Prevention Through Campus Planning Act ([H.R. 4327](#) - Rep. Susan Wild)

This bill would authorize the U.S. Department of Education to coordinate with the Health and Human Services Secretary to encourage institutions of higher education to implement comprehensive mental health and suicide prevention plans. These plans will align with the recommendations of the supported Suicide Prevention Resource Center strategies, specifically its nine-part Comprehensive Approach to Suicide Prevention.

Temporary Reciprocity to Ensure Access to Treatment Act or TREAT Act ([S. 4421](#) – Sen. Chris Murphy)

The TREAT Act would allow practitioners with valid licenses to provide services, including telehealth services, in all states for the duration of the COVID-19 pandemic.

Higher Education Mental Health Act ([S. 1204](#) – Sen. Bob Casey)

This bill would authorize the Secretary of Education to establish a national advisory commission on supporting students with mental health disabilities in institutions of higher education. A report will be sent to the Secretary of Education, outlining present challenges, making recommendations for improving educational quality, and increasing opportunities for these students.

Barriers to Suicide Act ([H.R. 4309](#) – Rep. Don Beyer)

This bill would require the Department of Transportation to create a grant program for state and local governments to fund nets and barriers on bridges, which have been demonstrated to be an evidence-based suicide deterrent. Additionally, the Government Accountability Office must conduct a study that explores the effectiveness of nets and barriers for structures other than bridges.







Increasing awareness,
providing access, reaching
out in a proactive way so
that students know it's
safe and okay to ask for
help. JED has made an
important impact.

Thomas R. Insel, MD,
Verily Life Sciences and Past Director,
National Institute of Mental Health



OUR REACH AND IMPACT

For 20 years, JED's pioneering mental health and suicide prevention programs have served millions of students at thousands of high schools, colleges, and universities nationwide. In just the last year, we have:

Helped schools implement safety nets

- More than 9,000 high schools, colleges, and universities have strengthened their safety nets for students by using at least one resource from JED.
- Nearly 350 colleges—representing over 4.5 million students—are participating JED Campuses, working with JED to improve their mental health, substance misuse, and suicide prevention programming.
- JED educated nearly 70,000 college, high school, and other mental health professionals in suicide prevention through informative conference presentations and webinars.

Equipped and empowered young adults

- Over 8 million people are more informed and better prepared to care for their own mental health, or that of a loved one, because of information derived from JED's online resource centers.
- JED meets young adults where they are, with nearly 800,000 engagements on social media, a total of 7.5 million impressions, and nearly 90,000 followers on Instagram, Twitter, and Facebook.
- Nearly 40,000 students have used JED's anonymous mental health self-evaluator to assess their symptoms or those of a friend and receive customized information on how to seek help.
- Since launching in 2018, the Seize the Awkward campaign and its accompanying videos have garnered 45 million views, with 1.7 million “likes” and 67,000 video shares.

Teens and young adults who are aware of Seize the Awkward are more likely to have talked to a friend about their mental health and more likely to have called or texted a mental health hotline.



AWARDS AND RECOGNITIONS

One of the best indicators of the growing vibrancy of an organization's mission is its elevated profile in traditional and social media. JED consistently generates impressive media coverage, which is a point of pride in that it helps our messages reach even broader national audiences.

Additionally, JED and its innovative programs have been widely recognized for quality and impact, garnering the following honors:

2020

- Radio Mercury Award, Best Spot for Cause
- Streamy Award, Social Good Campaign
- Shorty Social Good Award, Best in Mental Health, Best Use of Music & Dance
- Shorty Award, Best Use of a Spokesperson
- PRWeek Purpose Award, Finalist, Best Use of Creativity
- ARF David Ogilvy Award, Silver Honor

2019

- D&AD Impact Awards, Finalist
- Campaign Power of Purpose Award
- Shorty Awards, Silver, Best in Multi-Platform Partnership

2018

- Finalist, Change Maker Award, Child Mind Institute
- Shorty Awards, Gold Distinction (Runner-Up), Best Influencer & Celebrity Partnership, Best PSA

2017

- Finalist, Change Maker Award, Child Mind Institute
- HERO Partner Award, Annual HIV HERO Awards

2016

- Mortimer J. Blumenthal Award, UJA Federation of NY
- Finalist, Change Maker Award, Child Mind Institute

2015

- SAMHSA Special Recognition Award to actress Brittany Snow, co-founder of JED's Love is Louder movement
- Sunrise Foundation Award, Cause Célèbre

2014

- Distinguished Service Award, American Psychiatric Association
- Beacon Award, Websites: mtvU/Half of Us, Association of Cable Communicators
- Voice Award, Documentary for Life Continued: Defeating Depression
- Synopsis Social Good Award, Best Integrated Campaign: Health Initiative

2013

- Creativity Award (Gold), Creativity International Awards
- Prism Award Public Service Project: mtvU/Half of Us, Entertainment Industries Council
- National Council for Behavioral Healthcare Reintegration Award for Education for ULifeline

2012

- Prism Award Public Service Campaign: mtvU/Half of Us, Entertainment Industries Council
- HOPE Award for Depression Advocacy, Hope for Depression Research Foundation
- Telly Award for JED 2011 Milestones Video

2011

- Nominee, Daytime Emmy, National Academy of Television Arts and Sciences

2010

- Creativity Award, Creativity International Awards (Gold), Art Direction Magazine (Silver)
- Nominee, Daytime Emmy, National Academy of Television Arts and Sciences
- Prism Award, Best Music Video: mtvU/Half of Us, Entertainment Industries Council

2009

- Nominee, Gracie Award, American Women in Radio and Television

2008

- BANFF Award (Hors Concours)
- Beacon Award, Public Service Announcements, Programming and New Media, Association of Cable Communicators
- Creativity Award, Creativity International Awards (Platinum), Art Direction Magazine (Platinum)
- Gracie Award, American Women in Radio and Television
- Peabody Award, The George Foster Peabody Awards

2007

- Nominee, Community and Public Service Emmy, National Academy of Television Arts and Sciences





When you change the *i*
in illness to **we**, mental
illness becomes mental
wellness.

Enna Selmanovic, 2019 Honoree
JED Student Voice of Mental Health Award



OUR ENDURING PARTNERSHIPS

As an organization, JED deeply values our many impactful collaborations and partnerships. The leaders and families who support us—hailing from the worlds of business, academia, medicine, media, entertainment, and philanthropy—amplify our ability to reach more young people.

We are honored to be a member of the following initiatives:

The Well Beings Tour

[The Well Beings Tour](#) unites the efforts of communities nationwide to dismantle the stigma surrounding mental health. Traveling to 24 cities across the country—in conjunction with in-market PBS stations, local organizations, national sponsors, and partners—the tour engages with audiences through resource fairs, panel discussions, youth storytelling, performances, and Mental Health First Aid Training.

This effort will culminate in documentaries about youth mental health and suicide prevention produced by Ken Burns.

National Council for Suicide Prevention (NCSP)

The National Council for Suicide Prevention ([NCSP](#)) is dedicated to advancing suicide prevention through leadership, advocacy, and a collective voice. Other partner organizations include:

- American Association of Suicidology ([AAS](#))
- American Foundation for Suicide Prevention ([AFSP](#))
- [The Jason Foundation](#)
- [Samaritans USA](#)
- Suicide Awareness Voices of Education ([SAVE](#))
- [The Trevor Project](#)

Higher Education Mental Health Alliance (HEMHA)

The Higher Education Mental Health Alliance ([HEMHA](#)) is a partnership that provides leadership to advance college mental health support. Other members of HEMHA include:

- American Academy of Child and Adolescent Psychiatry ([AACAP](#))
- American College Counseling Association ([ACCA](#))
- American College Health Association ([ACHA](#))
- American College Personnel Association ([ACPA](#))
- American Psychiatric Association ([APA](#))
- American Psychological Association ([APA](#))
- Association for University and College Counseling Center Directors ([AUCCCD](#))
- Student Affairs Administrators in Higher Education ([NASPA](#))

Be Vocal: Speak Up for Mental Health

[Be Vocal: Speak Up for Mental Health](#) is an initiative encouraging people across America to use their voice in support of mental health. Be Vocal aims to empower adults living with mental health conditions to speak up when talking with their professional support team and to speak up as a community to advance mental health in America.

Be Vocal is a partnership between six leading mental health advocacy organizations – the American Foundation for Suicide Prevention, Depression and Bipolar Support Alliance, The Jed Foundation, Mental Health America, the National Alliance on Mental Illness, and the National Council for Behavioral Health – and Sunovion Pharmaceuticals Inc. This is the first time these organizations have come together to support an initiative focused on helping individuals and communities advocate for themselves and others.

We are proud to partner with the following organizations:

| | | |
|--|---|---|
| Active Minds | Healthy Minds Network | Education and NYC Department of |
| Ad Council | HopeLab | Health and Mental Hygiene |
| Aeropostale | HBC Foundation | Partnership for Drug-Free Kids |
| American Academy of Child and Adolescent Psychiatry (AACAP) | Hulu | Pi Kappa Alpha Fraternity |
| American Foundation for Suicide Prevention (AFSP) | Instagram | PINK - Victoria's Secret |
| American Association of Suicidology (AAS) | iSPARC Transitions to Adulthood Center for Research | Sigma Alpha Epsilon Fraternity |
| Alpha Chi Omega Women's Fraternity | Kappa Delta Rho Fraternity | Spotify |
| Alpha Epsilon Pi Fraternity | Kognito | Suicide Awareness Voices of Education (SAVE) |
| BECCA Cosmetics | Lambda Chi Alpha Fraternity | Suicide Prevention Resource Center (SPRC) |
| Born this Way Foundation | Lemonada Media | Text, Talk, Act |
| Bringing Theory to Practice | Madhappy | TLC Network |
| Chegg | Maybelline | The Mighty |
| Child Mind Institute | McGraw Hill | The Steve Fund |
| Color Street Foundation | McLean Hospital, College Mental Health Program | The Trevor Project |
| CommonLit | Microsoft/Blue Boy Foundation | Thrive Global |
| Complex Media | MOD Pizza | ThriveNYC |
| Consortium for Higher Education LGBT Resource Professionals | Morneau Shepell | TikTok |
| Crisis Text Line | MTV | Understood |
| Dear Evan Hansen | National Alliance on Mental Illness (NAMI) | UnpackU |
| Droga5 | National Basketball Association | US Olympic and Paralympic Committee |
| Educational Development Center (EDC) | National Council for Behavioral Health | Viacom |
| EverFi | National Football League | WE Wear Orange/Everytown |
| Facebook | Nielsen/Harris Poll | |
| HBO Documentary Films | Office of School Health, School Mental Health Program, NYC Department of | |

TAKE ACTION

You can make a difference. Join JED in addressing the mental health of teens and young adults.

Educate yourself

- Learn to recognize someone in distress and [what to do](#)

Know the numbers

- Be ready to help a young person. Save these crisis support numbers in your phone:
 - Text **START** to **741-741**
 - Call **1-800-273-TALK** (8255)

Speak up

- Initiate conversations about mental health with [family](#) and [friends](#)
- Organize an [event](#) to raise awareness and financial support

Get schools involved

- Reconnect with your alma mater and find out if they have adequate resources.
- Ask your child's high school or college to become a [JED High School](#) or [JED Campus](#).
- Share [Set to Go](#) with local high schools through community events and forums.

Volunteer

- Become a [JED Volunteer](#).
- Encourage your friends to get involved.

Give

- Talk to your employer about their matching-gift program and supporting JED.
- [Donate!](#)

Spread the word!

- Follow, like, forward, share, re-tweet, comment, post!



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JED's work to reduce stigma and raise awareness has changed how colleges think about student mental health in a way that I know many have benefitted from.

Kaivan Shroff,
Advisory Board Member



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**As of December 2020*







Emotional well-being is critical for the learning process to occur, and for that reason, at Scripps College, we were grateful for the guidance of JED in bolstering and further developing our campus-wide approach to student mental health.

Thomas R. Insel, MD,
Verily Life Sciences and Past Director,
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OUR FINANCIALS

Statements of Financial Position

For the Fiscal Years 2020, 2019, and 2018

| Assets | 2020 | 2019 | 2018 |
|---|----------------------|-------------------|------------------|
| Current Assets | | | |
| Cash & Cash Equivalents | \$ 12,797,305 | 5,964,064 | 4,714,314 |
| Contributions & Grants Receivable | 4,301,215 | 7,058,497 | 2,570,208 |
| Prepaid Expenses | 420,034 | 183,950 | 124,745 |
| Fundraising Materials | - | 5,981 | 5,981 |
| TOTAL CURRENT ASSETS | 17,518,554 | 13,212,492 | 7,415,248 |
| Non-Current Assets | | | |
| Property & Equipment (Net) | 488,293 | 347,489 | 345,266 |
| Pledges Receivable (Net) | 3,382,873 | 5,335,742 | 1,489,357 |
| Security Deposits | - | 125,187 | 51,287 |
| TOTAL NON-CURRENT ASSETS | 3,871,166 | 5,808,418 | 1,885,910 |
| TOTAL ASSETS | \$ 21,389,720 | 19,020,910 | 9,301,158 |
| Liabilities & Net Assets | | | |
| Current Liabilities | | | |
| Accounts Payable & Accrued Expenses | 598,362 | 582,321 | 274,801 |
| Deferred Revenue | 1,062,286 | 579,603 | 223,340 |
| Deferred Rent Payable | - | 38,957 | 38,957 |
| TOTAL CURRENT LIABILITIES | 1,660,648 | 1,200,881 | 537,098 |
| TOTAL LIABILITIES | 1,660,648 | 1,200,881 | 537,098 |
| Net Assets | | | |
| Without Donor Restrictions | 7,004,608 | 4,009,086 | 2,826,445 |
| With Donor Restrictions | 12,724,464 | 13,810,943 | 5,937,615 |
| TOTAL NET ASSETS | 19,729,072 | 17,820,029 | 8,764,060 |
| TOTAL LIABILITIES & NET ASSETS | \$ 21,389,720 | 19,020,910 | 9,301,158 |

Statements of Activities

For the Fiscal Years 2020, 2019, and 2018

Support & Revenues

| | 2020 | 2019 | 2018 |
|--|----------------------|-------------------|-------------------|
| Special Events, Gross Proceeds | | | |
| Contributions | \$ - | 1,932,664 | 1,791,776 |
| Ticket Sales | - | 133,000 | 97,365 |
| Less: Direct Benefits to Donors | - | (385,266) | (299,254) |
| Net Proceeds from Special Events | - | 1,680,398 | 1,589,887 |
| Contributions | 8,838,029 | 13,702,283 | 6,920,734 |
| Program Service Revenue | 1,221,742 | 572,115 | 368,331 |
| Contributed Services & Materials | 167,490 | 196,815 | 2,176,004 |
| Paycheck Protection Program Grant Income | 346,253 | - | - |
| Investment Income | 14,916 | 27,924 | 20,694 |
| Rental Income | - | - | 32,788 |
| TOTAL SUPPORT & REVENUES | \$ 10,588,430 | 16,179,535 | 11,108,438 |

Expenses

| | | | |
|---|---------------------|-------------------|------------------|
| Program Services | | | |
| Higher Education | 2,759,011 | 2,857,351 | 2,255,118 |
| High School | 1,340,746 | 925,776 | 839,103 |
| Youth & Community Campaigns & Education | 2,992,379 | 1,917,568 | 3,478,257 |
| TOTAL PROGRAM SERVICES | 7,092,136 | 5,700,695 | 6,572,478 |
| Supporting Services | | | |
| Management & General | 1,146,882 | 863,391 | 598,472 |
| Fundraising | 440,369 | 559,480 | 575,693 |
| TOTAL SUPPORTING SERVICES | 1,587,251 | 1,422,871 | 1,174,165 |
| TOTAL EXPENSES | \$ 8,679,387 | 7,123,566 | 7,746,643 |
| CHANGE IN NET ASSETS | 1,909,043 | 9,055,969 | 3,361,795 |
| BEGINNING NET ASSETS | 17,820,029 | 8,764,060 | 5,402,265 |
| ENDING NET ASSETS | \$19,729,072 | 17,820,029 | 8,764,060 |





JED made mental health awareness and advocacy accessible to me and I'm proud to support them so that students, families and communities may benefit from their resources.

Christian Alcorn,
JED Ambassador



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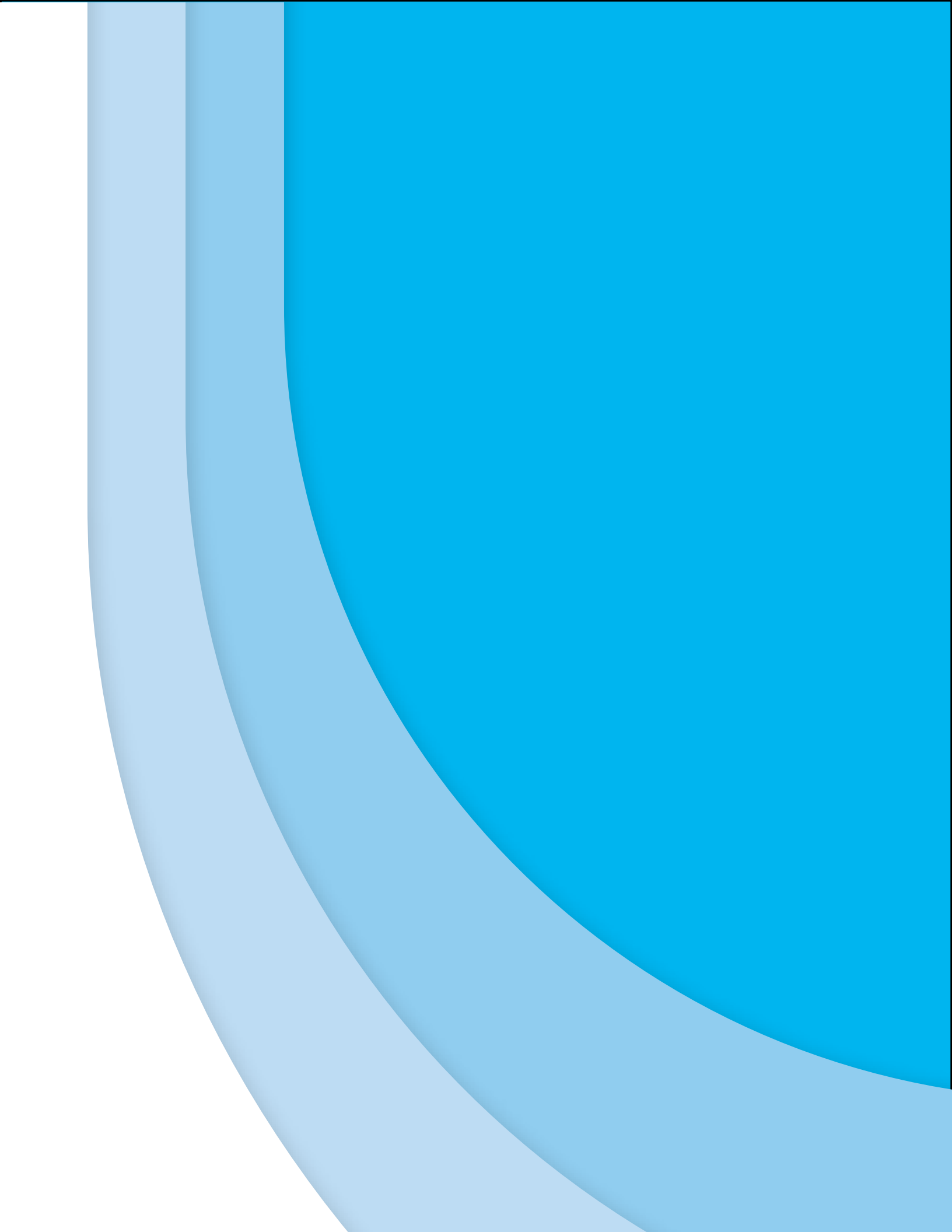
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