



The Jed Foundation

PROTECTING  
EMOTIONAL HEALTH.

PREVENTING SUICIDE.



## WHY JED IS NEEDED

- Thirty percent of people aged 18-24 live with a mental health condition, such as anxiety or depression ([SAMHSA, 2019](#)).
- Suicide is the second leading cause of death in teens and young adults ([CDC, 2021](#)).
- Nineteen percent of high school students and 26% of 18-24 year olds reported recently having serious thoughts of suicide ([CDC, 2019](#), [CDC, 2020](#)).
- Among current college students, 27% have had a positive suicidal screening, 24% have serious psychological distress, and 53% suffer from loneliness. Twenty-nine percent have been diagnosed with anxiety, and 24% have been diagnosed with depression ([NCHA, 2021](#)).

8+ million people interact with JED programs that provide help for themselves or a loved one.

*“The Jed Foundation has had an incredible impact in higher education. It’s the best model out there to enhance student well-being and save lives.”*

- School of the Art Institute of Chicago

4.6+ million young adults attend schools that use JED programs to support their students’ mental health.

## HELPING OUR YOUTH

- The Jed Foundation (JED) is a leading nonprofit that protects emotional health and prevents suicide for our nation’s teens and young adults.
- JED educates and equips students, families, and communities to know when and how to support others who are in distress or struggling with a mental health issue.
- JED helps high schools, colleges, and universities evaluate and strengthen their programming and systems related to suicide prevention, mental health, and substance misuse prevention to safeguard individual and community health.
- JED develops expert resources and creates powerful partnerships to ensure more teens and young adults get access to the resources and support they need to navigate life’s challenges.

## MEET OUR PARTNERS

Expanding our influence through enduring relationships

We are grateful for the time and talent of the leaders, families, and volunteers who support us from the worlds of business, academia, medicine, media, entertainment, and philanthropy.

JED is proud to partner with many organizations including:



Morgan Stanley



# JED'S SIGNATURE PROGRAMS

We are meeting teens and young adults where they are - in school and online.

## JED HIGHER EDUCATION

[jedfoundation.org/jed-campus](https://jedfoundation.org/jed-campus)

A rapidly expanding national program of nearly 350 colleges and universities, JED Campus is a four-year program that guides schools through a collaborative process of comprehensive systems, program, and policy development with customized support to build upon existing student mental health, substance misuse, and suicide prevention efforts. JED Campus Fundamentals is a shorter, 18-month alternative to the full JED Campus four-year program.

## JED HIGH SCHOOL

[jedfoundation.org/jed-high-school](https://jedfoundation.org/jed-high-school)

JED High School helps schools create and implement evidence-based strategic plans to support student mental health, reduce substance misuse, and prevent suicide. Schools and school districts can participate in this 24-month program to get help with strategic planning, program evaluation, and resource development.

## SET TO GO

[jedfoundation.org/set-to-go](https://jedfoundation.org/set-to-go)

JED's Set To Go program provides teens with the skills, knowledge, and perspective they need to navigate the pivotal transition from high school to college or a career.

## MENTAL HEALTH IS HEALTH

[jedfoundation.org/our-work/mental-health-is-health](https://jedfoundation.org/our-work/mental-health-is-health)

JED is a founding partner in MTV Entertainment Group's new Mental Health is Health initiative, featuring an online hub that can be navigated by how we're feeling, what we're experiencing, or conditions we need to manage.

## SEIZE THE AWKWARD

[jedfoundation.org/our-work/seize-the-awkward](https://jedfoundation.org/our-work/seize-the-awkward)

Seize the Awkward was created in partnership with JED, the American Foundation for Suicide Prevention, and the Ad Council. It educates about warning signs that a friend is struggling, conversation starters, tips for support, and resources to get help. To date, Seize the Awkward videos have been viewed over 50 million times and over 2 million people have visited the website.

## LOVE IS LOUDER

[instagram.com/loveislouder](https://instagram.com/loveislouder)

Love is Louder emphasizes resiliency and kindness by mobilizing social media, artists/influencers, the media, and local communities to encourage actions that make us all feel more connected and supported.

## EQUITY IN MENTAL HEALTH FRAMEWORK

[equityinmentalhealth.org](https://equityinmentalhealth.org)

Created by JED and The Steve Fund, the Equity in Mental Health Framework offers expert recommendations and implementation strategies for America's colleges and universities to better support the mental health and emotional well-being of students of color.

## PROUD & THRIVING

[jedfoundation.org/proud-thriving-framework](https://jedfoundation.org/proud-thriving-framework)

With support from the Upswing Fund, and created by JED and the Consortium for Higher Education LGBT Resource Professionals, the Proud & Thriving framework provides schools with recommendations to protect and support the mental health of LGBTQ+ students.

LEARN MORE ABOUT OUR WORK AT [jedfoundation.org/our-work](https://jedfoundation.org/our-work)

## TAKE ACTION

### Make a difference:

[jedfoundation.org/donate](https://jedfoundation.org/donate)

### Learn how to help yourself or someone else:

[jedfoundation.org/help](https://jedfoundation.org/help)

### Connect with JED:

[Instagram](#) | [Twitter](#) | [Facebook](#) | [LinkedIn](#) | [YouTube](#) | [TikTok](#)



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