



The Jed Foundation

What Is The Jed Foundation?



The Jed Foundation (JED) is a nonprofit that protects emotional health and prevents suicide for our nation's teens and young adults, giving them the skills and support they need to thrive today...and tomorrow.

Scan here to learn more about our resources and programming.

More about JED: JED empowers teens and young adults by building resiliency and life skills, promoting social connectedness, and encouraging help-seeking and help-giving behaviors through our nationally recognized programs, digital channels, and partnerships, as well as through the media. JED 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.



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