

What is the Youth Mental Health Academy?

The YMHA is a community-based, career development program for high school students that takes place over the course of 14 months. The YMHA includes the following:

- Paid project-based learning and final (capstone) group presentation during the first summer of the program
- Mentorship and integrated support throughout the duration of the program
- A paid internship in the mental health field during the second summer of the program. Internships are supervised by career professionals from organizations doing work in:
 - Brain and mental health research
 - Clinical practice
 - Mental health media and communications



Three-Year Plan

The YMHA will work with 2,500 students over the course of three years. In year one the YMHA will serve 300 students, followed by 1,000 students in year two and 1,200 students in year three.

Paid Mentoring Opportunities

College or graduate students can apply to be paid mentors. Mentors will advise a small group of students in addition to opportunities to facilitate workshops around mental health and college access.

Opportunities for Professionals

Career professionals working in clinical, research, or media/communication roles can apply to be internship supervisors. There may also be opportunities for you to be involved in panels and support students throughout the academic year.

