



What is the Youth Mental Health Academy?

YMHA is a community-based, career development program for LA County high school students that takes place over the course of 10 months. YMHA includes the following:

- Paid project-based learning and final (capstone) group presentation during the five-week summer academy
- Mentorship and guidance throughout the duration of the program
- Support through workshops, college access planning, and community resources. Workshops include:
 - Career readiness
 - Mental health summits and events
 - Expert panels and discussions



Inspiring Future Leaders

YMHA aims to inspire and cultivate the next generation of mental health leaders. Since 2023, the program has provided training and skill-building to more than 2,400 high school students and placed 700+ interns with 103+ partner organizations.

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.

Become an Internship Host

Supervisors in mental health and related fields can apply to host YMHA interns at their organization. You'll create roles within your organization and mentor students during the summer. You may also participate in panels and support students throughout the year.

