

Friend2Friend: Emotional & Mental Wellness

Friend2Friend: Emotional & Mental Wellness is an interactive role-play simulation for adolescents that builds awareness, knowledge, and skills about mental health while reducing the stigma.

Learning Objectives

- ✓ Learn about mental health and wellness while reducing the stigma
- ✓ Identify warning signs of psychological distress, including verbal, behavioral, and situational clues
- ✓ Build skills to approach a peer in a manner to motivate them to access support
- ✓ Become comfortable asking a friend if they are thinking about suicide



Learners interact with Virtual Humans through interactive conversations



Market

PK-12 and Government/Non-Profit



Audience

Student



Topic

Mental Health & Well-being, Social Emotional Learning, Suicide Prevention



Duration

30 Minutes



Overview

Youth ages 13-18 navigate a difficult stage of social and emotional development, often turning to their friends as their first line of support. Approximately 75% of lifetime mental illness emerges during the teen years, and a national survey of high school students found that 16% of them have seriously considered suicide in the past year.



Adopted by several state, district, and nonprofit organizations nationally, this research-proven online learning module engages youth in a conversation about mental health and drives change in their skills and attitudes toward seeking help for oneself or a friend. *Friend2Friend: Emotional & Mental Wellness* prepares youth to recognize signs of distress, reach out to a friend they are concerned about, and help identify a trusted adult for support. Users have access to customized national, local, and school-specific resources in addition to simulation content.

Features

- ✓ Fully-hosted solution deployed to users in less than one week
- ✓ Technical assistance and outreach templates to drive adoption
- ✓ Usage reports and customizable online surveys to support program evaluation
- ✓ Customizable list of local and national mental health resources
- ✓ Lesson plan and discussion guide to facilitate integration with mental health curriculum or group discussion

“I liked how the simulation was something that could happen in real life. A lot of people and friends might go through the same situation, and modeling something like that is good practice.”

- High School Student, provided by Minnesota F2F Statewide



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