

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

Fort Worth ISD Uses Kognito to Create Safer Schools

“Not only are we using funding to acquire and to adopt professional development, but we also use it to strengthen our curriculum.”

– Dr. Roina Baquera, Director,
Health and Physical Education Department



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Contact us at info@kognito.com or 212-675-9234