



# What is Mental Health Literacy?

A framework for effective mental health education that teaches...



How to foster  
positive  
mental health



Common mental  
health disorders  
and treatments



How to seek  
help  
effectively



Stigma and  
strategies for  
stigma reduction

"With good mental health literacy, we learn how to take better care of ourselves, our loved ones, and our communities. We are empowered and provided with the skills that we need to help us build better lives, better systems of care, and a better society."

~ Wei & Kutcher, 2018

## About the Mental Health Literacy Collaborative

*Our mission is to make the education framework of mental health literacy foundational in schools and communities.*

*We envision a world where all individuals understand mental health and can make informed choices, respond mindfully, embrace healing, and thrive.*