



CASSANDRA BOLANOS

Mental Helpers

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Our Mission

We are The Mental Helpers. Our team applies communication, empathy, and advocacy skills to address mental health challenges for people struggling with their emotional and physical well being. We provide awareness, resources, and support so that people can live healthier, happier, fulfilling lives.

Our Skills

1. Attentive
2. Empathetic
3. Helpful

Target Audience

High school and middle school students
(teens and pre-teens) in Norwalk
La-Mirada Unified School District

The Challenge

The challenge is the growing mental health crisis among pre-teens and teens, caused by factors such as school stress, bullying, academic pressure, and behavioral disorders. Many young individuals struggle with anxiety, depression, and other mental health issues, which negatively impact their well-being and daily lives. This issue affects not only students but also their families, schools, and the broader community. The root causes often include overwhelming expectations, lack of support, and stigma surrounding mental health. If left unaddressed, these challenges can lead to severe emotional distress, poor academic performance, and unhealthy coping mechanisms. By raising awareness and providing proper resources, we can help students develop resilience and self-advocacy. Addressing this issue is crucial to creating a healthier, more supportive environment for young people to thrive.

Our Plan of Action

- Fundraising/Money Source: We will raise funds through school fundraisers, community donations, and grants from mental health organizations.
- Resources/Materials Needed: We need educational materials like pamphlets, posters, and online resources, as well as funding for workshops, guest speakers, and mental health kits.
- Potential Partnerships: We will collaborate with school counselors, mental health professionals, and organizations like NAMI. Local businesses may also help by sponsoring events or donating resources.
- Communication/Promotional Ideas: We will spread awareness through social media, school announcements, and student-led discussions while also organizing events and distributing materials.
- Call to Action: We encourage students, teachers, and parents to help by spreading awareness, attending events, and advocating for better mental health support in schools.

Evaluating Success

We will measure success by tracking student participation, gathering feedback, and assessing increased awareness of mental health in schools. Surveys and discussions will help us understand the impact of our resources on students' well-being. A challenge may be maintaining engagement, so we will adjust our approach based on student needs and interests. Securing funding could also be difficult, but we will work on building strong community partnerships and seeking grants. Another potential challenge is reducing the stigma around mental health, which we will address through continuous awareness efforts. By staying adaptable, we can improve our resources and expand our reach. Success means more students feeling supported, educated, and empowered to seek help when needed.