



ChangeDirection: Delivering Emotional Life Skills

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The Campaign to Change Direction is a collection of concerned citizens, nonprofit leaders, and leaders from the private sector who have come together to change the culture about mental health, mental illness and wellness.



Dr. Barbara Van Dahlen, Founder and President Give an Hour, Leading the Campaign to Change Direction



The goal of the Campaign to Change Direction is to change the culture of mental health so that all of those in need receive the care and support they deserve. The Campaign encourages everyone to pay attention to their emotional well-being – and it reminds us that our emotional well-being is just as important as our physical well-being.

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Mental Health Affects All

There are over 7.7 billion people in the world, and 1 in 4 have a diagnosable mental health condition. Over 800,000 people die each year by suicide.


In the United States, 1 in 5 Adults have a mental health condition—that's over 65 million Americans.

In the United States, 20% of children ages 13-18 currently have and/or previously had a seriously debilitating mental disorder. By comparison, 8.3 percent of children under age 18 have asthma and 0.2 percent have diabetes.

An aerial, top-down view of a cobblestone street. Several people are walking in various directions. The people are dressed in winter clothing, including coats, jackets, and hats. The cobblestones are grey and arranged in a regular pattern. The overall scene is a busy, public outdoor space.

Mental Health Affects All

- There is a shortage of mental health care providers in the United States and around the world, across all disciplines, including: psychiatrists, psychologists, social workers, counselors, and psychiatric nurses.
- Co-occurring issues must be addressed. Approximately 26 million Americans are living with a co-occurring mental health and substance use disorder.
- Most Americans still lack access to care. 56% of American adults with a mental illness do not receive treatment.



Change Direction's first step was to educate everyone about the Five Signs of Emotional Suffering and the Healthy Habits of Emotional Well-being.

Change Direction is now partnering with communities to educate community members so that they can better care for themselves, care for one another and identify and access local resources within their communities.

By learning emotional life skills, and teaching them to others, we are taking the next step in preventing emotional suffering and changing the culture of mental health.

Change Direction is now expanding to offer:

Change Direction:
Delivering Emotional Life Skills SM

A program that delivers the skills and tools that will allow community members to better care for themselves and those they love.



A group of diverse people, including men and women of various ethnicities, are shown in a dark, slightly desaturated setting. They appear to be listening or participating in a program, with some looking towards the camera and others looking slightly away. The overall mood is serious and focused.

In this Individualized Emotional Life Skills Six-Week Program Communities will Learn

**Session One: Know the Five Signs of Emotional Suffering – for Ourselves and Those we Love
(We can better care for ourselves and others when we are emotionally healthy.)**

**Session Two: Know the Healthy Habits of Emotional Well-being
(What habits work for you, your family, and your community?)**

**Session Three: Know How to Create Caring Communities
(We can learn how to speak with our children, our friends, our neighbors and our co-workers about
emotional well-being)**



In this Individualized Emotional Life Skills Six Week Program Communities will Learn

**Session Four: Know how to Identify and Access Resources in Your Community
(What are our local resources and when and how do we access them?)**

**Session Five: Know how to Wrap Care and Support around Those who are Hurting
(How do we turn toward each other to offer care and support and what do we do when resources are limited?)**

**Session Six: Know Emotional Life Skills: Consolidating what We Learned
(Developing a plan of action for you and your community.)**

We can all Be the Change

It's time for all of us to recognize that our mental health is just as important as our physical health.

It's time for communities to receive the skills and tools that will allow all of us to better care for ourselves and those we love.

By learning emotional life skills, and teaching them to others, we can prevent emotional suffering and change the culture of mental health.





JOIN US

Be the Change in Your Community