



WELLNESS TOGETHER
IMPACT REPORT



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A LETTER FROM OUR FOUNDER & CEO

Dear Partner in Mental Health,

I am writing to you today to share the journey of Wellness Together, a mission that is very personal to me. My own experiences as a school counselor in the early 2000s opened my eyes to a critical gap in our educational system – the urgent need for effective mental health support for our students. This realization was not just a moment of awareness, but a call to action that led to the founding of Wellness Together.

At Wellness Together, we have committed ourselves to being a beacon of hope and support, providing accessible and effective mental health services to individuals and families across communities. Since our founding in 2016, our team of highly skilled clinicians, has provided in-person & on-campus services to students. A year later, we took a significant step by adopting telehealth, ensuring that no student, regardless of their location, was left without access to the support they need when they need it. Wellness Together's influence extends beyond direct service; we have actively contributed to shaping mental health policies at both state and federal levels, advocating for change that reaches far and wide.

The challenges brought by the Covid-19 pandemic only strengthened our resolve. We quickly adapted by increasing uninterrupted telehealth services to students and families. Expanding our scope, we launched initiatives like HearYou.org and Mind Out Loud, extending support to educators and amplifying youth voices in mental health advocacy. We established Wellness Education Lab (WEL), furthering our mission, providing free mental health training on a global scale. These efforts are a testament to Wellness Together's unwavering commitment to confronting mental health challenges, fostering awareness, and advocating for the transformative power of accessible mental health support.

I invite you to join us in this important mission. Your continued support ensures measurable, sustainable, and life saving outcomes for those we are partnering to serve.

With gratitude,

Marlon Morgan M.A., LPCC, PPSC
Founder & CEO, Wellness Together

OUR MISSION



Wellness Together is the leader in student mental health awareness, advocacy, and access.

Our mission is to deliver effective and accessible mental health services for individuals & families *everywhere*.

Wellness Together is a 501(c)3 non-profit organization

WHY WE DO IT

Students across the country are suffering from anxiety, depression, and loneliness.

They need the support of qualified mental health professionals.

In 2021,

29%

of high school students
experienced poor mental
health during the past 30 days.

Nearly

60%

female students

&

Nearly

70%

LGBTQ+ students

experience persistent feelings of sadness or hopelessness

Centers for Disease Control and Prevention. (2023). YRBS Data Summary & Trends Report 2023.

WE CAN'T THINK OUR WAY TO A BETTER TOMORROW

“Mental health challenges in children, adolescents and young adults are real and widespread. Even before the pandemic, an alarming number of young people struggled with feelings of helplessness, depression, and thoughts of suicide... The future well-being of our country depends on how we support and invest in the next generation.”

- Vivek H. Murthy, M.D., M.B.A.
Surgeon General of the United States

Murthy, V. H. (2021). [Statement on mental health challenges in children, adolescents, and young adults]. New Jersey School Boards Association. Retrieved from <https://www.njsba.org>

WHAT WE DO

Wellness Together is proud to offer:



School-Based Therapy

Wellness Together's school-based therapy program places Mental Health Specialists on school campuses to provide crisis intervention, and individual and group counseling to students. Meeting the mental health needs of school communities through skills, clinically-trained professionals



Mind Out Loud (MOL)

Mind Out Loud is Wellness Together's youth-led student mental health advocacy program. Amplifying the student voice through a free annual event, monthly workshops, and student rep program.



HearYou.org

HearYou.org offers secure online counseling to educators, employees, and individuals across California and New York. HearYou.org provides flexible employee wellness solutions for schools and organizations.



Wellness Education Lab (WEL)

WEL is a FREE online practical & empowering mental health training for students (13+), parents/guardians, and educators/school staff. Created by youth mental health industry experts, this evidence-based resource is informing schools and organizations across the country.



Laughing Together

Laughing Together offers FUN and engaging learning experiences for professionals, teams, groups, and school communities. Created by professional improv teachers and licensed therapists, Laughing Together's workshops bring comedy and mental health together using evidence-informed curricula.



Annual Student Mental Wellness Conference (SMWC)

The largest international student mental health advocacy conference, the Student Mental Wellness Conference (SMWC) gathers policy-makers, school leaders, mental health professionals, and educators from around the world. Held in partnership with the California Department of Education.



WHO WE SERVE

Every student deserves access to culturally competent, effective therapy.

Since 2016, Mental Health Specialists have facilitated

110,000+

counseling sessions with
students & families.

*We believe that mental health support is an
integral part of education.*



SCHOOL-BASED THERAPY PROGRAM

In the 2022-2023 school year, we
partnered with school districts to
expand access to mental health services
and supports to:

145,730+
K-12 Students

20,300+
College Students

33,390+
Educators



HearYou.org

Online Counseling

HearYou.org partners with school districts, counties, and organizations to provide care to thousands of individuals, children, and families.

Over
17,600

therapy sessions provided to

2,000+

individuals and families.



WEL™

WellnessEdLab.org

Wellness Together, in partnership with the California Department of Education, launched Wellness Education Lab (WEL) in Spring 2023.

WEL is a practical and empowering **FREE** online mental health training *for students (13+), parents/guardians, and educators/school staff.*

WEL's evidence-based trainings include:

Rethinking ANXIETY

This interactive training helps students (13+), parents/guardians, and educators/school staff learn practical ways to manage anxiety and better understand ways anxiety can be used to help overcome challenges.

Mental Health FOUNDATIONS

This interactive training helps students (13+), parents/guardians, and educators/school staff increase mental health literacy, focusing on five building blocks of mental health.



Laughing Together

Laughing Together, introduced in September 2023, is an innovative new program that expands mental health awareness through comedy shows and research-informed workshops.

APARNA NANCHERLA



RAINN WILSON



Workshops

- Professional development for school communities
- Team building and staff development for organizations

Comedy Shows

- Headlining comedians
- Benefiting student mental health

CHRIS GETHARD



Laughing Together's inaugural comedy show launched at the 7th Annual Student Mental Wellness Conference in September 2023, hosted headlining artists to promote mental health awareness.



Our mission extends beyond the classroom and into policy, to proactively influence the systems that impact our children.

The Student Mental Wellness Conference connects school leaders, policymakers, and mental health providers around the world to unify and lead the global student mental health movement.

8,300+

Participants Reached Worldwide

200+

Partnering Organizations

International experts & keynote speakers equip and inspire attendees

“POWERFUL!
Please keep doing the
work you are doing! ”

- Licensed Professional
Counselor

**“Excellent.
Engaging.
Thought
Provoking. ”**

- Director of Special
Education

**“Appreciated the urge
for connection and to
be present during the
conference. ”**

- School Counselor

Annual Student Mental Wellness Conference
PREVIOUS SPEAKERS INCLUDE



Cindy Marten

U.S. Deputy Secretary of Education



John B. King

U.S. Secretary of Education under President Barack Obama



Katherine Neas

Deputy Assistant Secretary of Special Education and Rehabilitative Services (OSERS), U.S. Department of Education



Tony Thurmond

State Superintendent of Public Instruction, California Department of Education



Dr. Atul Nakhasi

Senior Advisor, Office of the U.S. Surgeon General



Nadine Burke Harris

Former California Surgeon General



Dr. Anna Lembke

Professor of Psychiatry, Stanford University of Medicine & NYT Bestselling Author



Linda Darling-Hammond

Professor of Education Emeritus at Stanford University



Dr. Pedro Noguera

Professor of Education at the University of Southern California



Dr. Jean Twenge

Professor of Psychology at San Diego State University



Julie Lythcott-Haims

Author of the *New York Times* best-selling book *How to Raise an Adult: Break Free of the Over-parenting Trap and Prepare Your Kid for Success* (2015)



Dr. Dan Siegel

Clinical Professor of Psychiatry at the UCLA School of Medicine



Steven C. Hayes

Developer of Acceptance and Commitment Therapy (ACT)



Dr. Dan Amen

10-Time *New York Times* best-selling author and founder of Amen Clinics



Johann Hari

Author of three *New York Times* best-selling books including *Stolen Focus*



Dr. Diana E. Ramos

California Surgeon General



Angie Thomas

Author of the award-winning #1 *New York Times* best-selling novels *The Hate U Give*, *On the Come Up*, and *Concrete Rose*



Tristan Harris

Co-Founder & President of the Center for Humane Technology



The Youth-Led Mental Health Movement

Amplifying the Student Voice

Mind Out Loud (MOL) is Wellness Together's youth-led student mental health advocacy program. Amplifying the student voice through a free annual event, monthly workshops, and student rep program.



3,800+

Participants Reached Worldwide

REPRESENTED IN:

California
Colorado
Florida
Hawaii
Illinois
Minnesota
Nevada

New York
Ohio
Oregon
Texas
Washington
Washington D.C.

INTERNATIONAL REPRESENTATION:
Canada
India
Pakistan
The United Kingdom

Previous Guests Include:



Melissa Villaseñor

Comedian, Actress, & First-ever Latina cast member of *Saturday Night Live*



Tony Hale

Two-time Emmy Award Winning Actor



Big Sean

Multi-Platinum Artist, Entrepreneur & Philanthropist



Senator Portantino

California's 25th State Senate District



Max Stossel

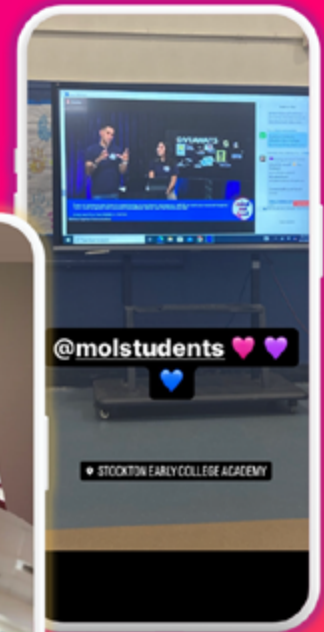
Award winning poet, filmmaker, and speaker. Named by Forbes as one of the best storytellers of the year



Gabby Rivera

Marvel Comic Series *America*, & Author of *Juliet Takes a Breath*

120+ WATCH PARTIES



PARTNERSHIPS

Proudly partnering with leaders and organizations to advance mental health awareness, advocacy, and access.



U.S. Department of Education



California Department of EDUCATION



[Center for Humane Technology]



SOKYA

UNIVERSITY PARTNERS

Expanding the mental health workforce.

As one of the largest providers of in-person and online school mental health services, Wellness Together attracts and retains qualified mental health professionals from top universities.

30+

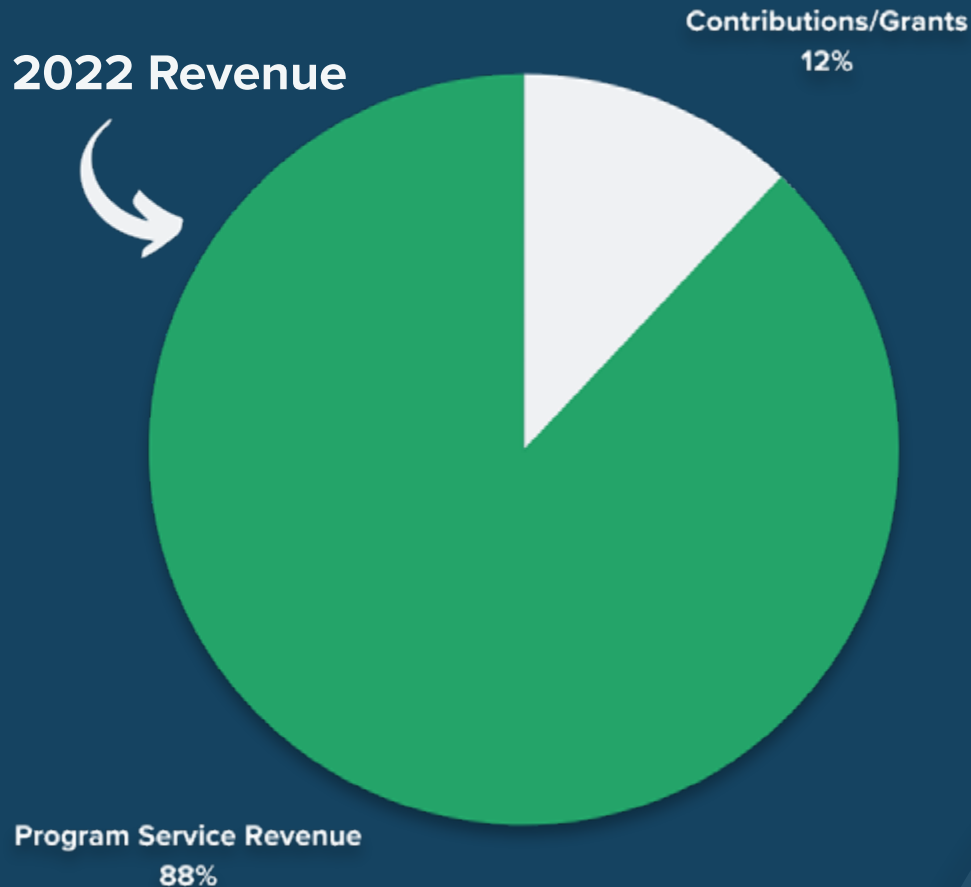
University Partners

University Partners Include:

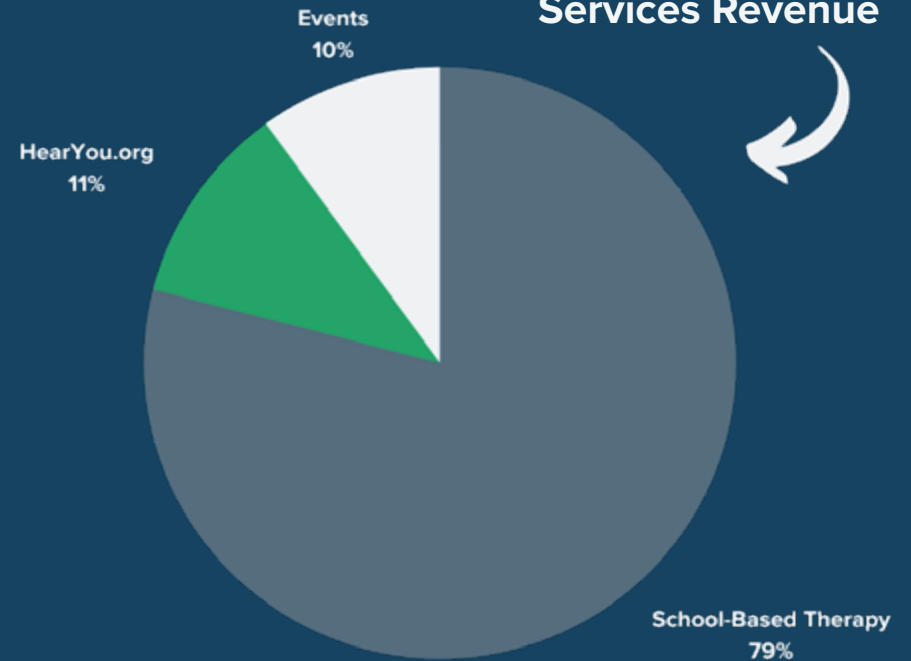


FINANCE & OPERATIONS

2022 Revenue



2022 Program Services Revenue



Our team is comprised of

2000+

Intelligent, passionate, and hardworking individuals, committed to student mental health.



LOOKING AHEAD

Wellness Together continues to innovate, partner, and expand to create a world where every student has access to life-saving mental health support.

Tomorrow isn't promised. Mental health support for every student can be.

An investment in student mental health is an investment in our future

Provide the life-changing gift of mental health services for students in your community.

Let's stay connected



info@wellnesstogether.org

[Click Here to Learn More](#)

Follow us on social media



 **WellnessTogether.org**TM