



Action Group on Mental Health Initiatives

RAGMHI Toolkit: Wellness in a Box

POPULATION

Train-the-trainer resource for anyone 12 and older to implement

FOCUS

Depression awareness; suicide prevention; resilience building; stigma reduction

OVERVIEW

What can I do about it? The **Wellness in a Box** toolkit offers a practical answer to that question for Rotary, Rotaract, or Interact members. It provides measurable outcomes and has been implemented in the USA, Puerto Rico, India and Nigeria. Teens and Rotarians introduce or co-facilitate the program with youth groups or schools. The primary resource is the Boston Children's Hospital '*Break Free From Depression*' (BFFD) curriculum and workshop materials with web based training.

BENEFITS

The project defines a local protocol for referral so problems identified are managed, normalizes conversation around mental wellness and illness, and includes pre- and post-surveys to measure improvements in Knowledge, Negative Attitude, and Confidence in help-seeking. RAGMHI members are available to discuss implementation options, assist with translating the supplemental slide sets and surveys, or help with grant writing to fund professional services, classroom equipment, and supplies.

COST

None

TOOLKIT CONTENTS

- Seminar slides with preparation notes and answers to common questions
- Example 'protocol for referral' form to edit with local details
- Link to the training suitable for peer leaders, adults, and faculty. Completing the training allows all materials to be downloaded, including the BFFD manual, surveys, slide sets, handouts, documentary, and outcomes calculator. The link is <https://www.openpediatrics.org/course/break-free-depression>

CONTACT

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