



The Clay Center's Mission is to reduce, prevent and de-stigmatize youth mental health conditions through education.



We are a **multi-media, educational center** dedicated to producing **evidence-based, practical guidance** for parents, families and anyone involved in the development of a young person.

Our programs, educational content and advisory services helps adults understand and navigate mental health concerns and conditions, build resiliency skills, and promote wellness among young people.

We focus on helping adults understand the Clay Center's unique **3W's - What to look for, When to worry, and What to do** when concerned about a young person's mental health. Our work educates and empowers adults on how to initiate conversations and understand how to best support a young person in need to prevent issues from developing or becoming more serious or complicated as they grow.

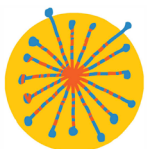


We aim to:

- Increase access to reliable youth mental health education.
- Decrease mental health stigma within diverse communities.
- Influence accurate mental health reporting among popular news media.
- Expand educational programming available to schools and community organizations.

Through our website, we offer free guidance and education on key topics, including:

- Depression and Suicide
- Anxiety and Stress
- Learning and Attention Issues
- Loneliness
- Identity and Emotional Development
- Social and Societal Concerns
- Digital and Social Media
- Navigating Healthy Relationships
- Self-Care, including Mindfulness and Resiliency



The Clay Center for
Young Healthy Minds

Shining light on mental health through education.

MghClayCenter.org



1 in 4

individuals will experience a mental or neurological disorder during their lifetime.



50%

of all mental health conditions begin before age 14.



75%

of all mental health conditions begin by the age of 25.



Only 8,000

child and adolescent psychiatrists in the U.S. are available to care for 20 million young people.

Our Impact

24/7 Youth Mental Health Education and Media Crisis Response

We've appeared in over 350 youth mental health news features and stories since 2018 and have reached more than 3 billion viewers through our WCVB Mental Health Beat collaboration since 2022.

Community Programming

Our collaboration with the Greater Boston YMCA brought our art-based interactive Illuminated Collage program to after-school programs, helping to raise awareness and de-stigmatize youth mental health conditions among hundreds of students.

Free Public Education

Our original documentary, *Looking for Luke* engaged over 8,000 college-aged youth and parents through campus and community screenings. Our self-care video program is being used nationwide by educators to teach youth critical resiliency skills.



Learn More

Visit our website:
mgghlaycenter.org

Subscribe to our newsletter:



About Us

The Clay Center's strength and credibility derives from the expertise of our core team—Gene Beresin, MD, MA, Khadijah Booth Watkins, MD, MPH, and a dedicated staff—as well as from our close affiliations with the Massachusetts General Hospital Department of Psychiatry and Harvard Medical School.

