

# A Better Approach to Mental health

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## The tools for improving teen mental health

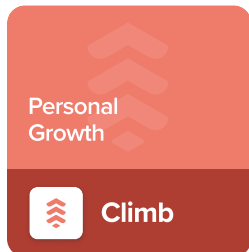
Many Utah students are facing a mental health crisis. According to the National Alliance on Mental Illness, over 51,000 Utahns aged 12-17 struggled with depression in early 2021. 49.3% of these suffering teens did not receive any mental health care. The consequences are sobering: high school students with depression are more than twice as likely to drop out as their peers, and 7 in 10 youth in the juvenile justice system struggle with a mental health condition. Clearly, our kids need help.

### The Apps

- Climb - Personal Growth
- Lift - Depression & Anxiety
- Turn - Substance Abuse
- Fortify - Sexual Compulsivity

### The Features

- Personalized tools
- Daily education
- Goal-tracking
- Guided meditations
- Private journal



Scan the QR Code or visit [impactsuite.com/ccsd-students](https://impactsuite.com/ccsd-students)

Access Code: CCSD-Students

## Making a difference

To help combat the increasing rates of mental health challenges among youth, Cache County School District partners with Impact Suite to offer free mental health support to all students ages 13 and older. Through a suite of digital wellness apps, students can learn the tools and skills to find immediate relief and long-lasting healing from mental health or addiction challenges.

Impact Suite offers a way that school counselors or teachers can engage students in proactive improvement and have ongoing follow-up and meaningful discussion with students about their progress.

## How to access:

- Step 1: Visit [impactsuite.com/ccsd-students](https://impactsuite.com/ccsd-students)
- Step 2: Find the program that works best
- Step 3: Download the app and create an account
- Step 4: Use Access Code: **CCSD-Students** for premium access

