

HeartMath® Institute

Student Mental Health Initiative

Made possible by the May and Samuel Rudin Family Foundation

Educators, parents, and policy-makers are increasingly concerned with student mental health. In light of the escalating stress levels among millions of students, we took the initiative to launch a new mental health program during the 2022-2023 school year.

Thanks to a generous grant from the May and Samuel Rudin Family Foundation, we were able to provide numerous schools and youth-based organizations with access to our classroom programs and technologies. As the reports show, many students were able to reduce stress and put into practice strategies to enhance their overall well-being. The positive feedback and impactful reports we received has been truly inspiring.

Encouraged by these testimonials, we are hoping to expand our program offerings for the upcoming 2023-2024 school year with additional funding. If you are interested in being a part of this initiative on behalf of your school or organization, please fill out an application.