



Toolkit: Wellness in a Box

POPULATION

Train-the-trainer resource for ages 12 and older plus framework for referral and increasing providers

FOCUS

Depression awareness; suicide prevention; resilience building; stigma reduction; training counselors

OVERVIEW

You can get involved by introducing the **Wellness in a Box** toolkit to school or youth group leaders. It provides measurable outcomes and has been implemented in the USA, Puerto Rico, India and Nigeria. The primary resource is the Boston Children's Hospital 'Break Free From Depression' (BFFD) curriculum and workshop materials with web based training. RAGMHI volunteers offer guidance for localizing the supplemental slides and handouts, improving the protocol for referral, and increasing the number of counselors available to the community. If desired, they can also help with grant writing.

BENEFITS

- Widely communicating the local protocol for referral helps identify and treat symptoms earlier.
- Recognizing treatment is available normalizes conversations around mental wellness and illness.
- Measured improvements in Knowledge, Negative Attitude, and Confidence in help-seeking.

COST

None

TOOLKIT CONTENTS

- Seminar slides with preparation notes and answers to common questions
- Example 'protocol for referral' form to edit with local details
- Web based 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 <http://www.BreakFreeFromDepression.org>

CONTACT

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