

Raising mental health awareness in schools

The Robb Nash Project launches an interactive course to help young people explore and improve their mental wellbeing.

Children and young adults are facing an unprecedented mental health crisis. Each year, more young people are reaching out to mental health crisis support lines. To encourage students to reflect on their mental wellbeing and seek support when they need it, The Robb Nash Project created a safe, virtual space where they can explore complex topics with compassion, understanding, and professional support.

[Link to Success Story](#)

AT A GLANCE

Client: The Robb Nash Project

Learners: 9,000

Industry: K12 / Corporate

Website: www.robbynash.com

Platform/Features:

- Brightspace Core

Interviewees:

- Linda Poulin, director of educational programs

Highlights:

- The interactive course creates a safe space for young people to explore mental health topics
- 20% of learners actively reached out to mental health nurses for support during the program
- 60% of learners who sought support were previously unknown to mental health professionals

“Children and young adults are sensitive to the quality of digital services—they’re part of a generation brought up by platforms like YouTube and Instagram. If they think that a platform has just been thrown together, they are much less likely to engage with it. D2L Brightspace made it really easy to create a professional, seamless, and engaging user experience, and the platform fully met our requirements for seamless video and a dual-language interface.”

Linda Poulin

Director of educational programs