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Prioritize Emotional Health: A Call to Action

Young people need our leadership.

The COVID-19 pandemic exposed fractures that have long been bubbling under the surface of our society. Young people are experiencing loneliness, depression and anxiety at astonishing rates. A generation is being lost to a national mental health crisis.

There's a better way.

We envision a future in which young people learn the tools to manage their emotions. A future in which they practice resilience, develop coping skills and build empathy. A future in which all young people receive the roadmap to emotional well-being.

These learned skills have the power to transform society.

Children with higher emotional intelligence are more engaged in school, better able to regulate their behaviors and demonstrate higher academic achievement.¹ Adults with emotional wellness have stronger relationships, improved physical and mental health, and higher lifelong earnings.²

It is time to unlock this potential.

- We call on Congress to pass dedicated, annual funding for emotional wellness in schools.
- We call on social media leaders to join us in championing this cause.
- We call on every mother, father, sister, brother, teacher, neighbor and friend to share this and shout this from the mountaintops—because it has never been more important.

If mental health is the challenge of this generation, let emotional wellness light the path to a more connected, vibrant future. Join us in leading this change for our youth.

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¹Raver, Garner, & Smith-Donald 2007; Eggum et al. 2011; Rivers et al. 2012.

²Brackett, Rivers, & Salovey 2011; Steward-Brown 1998; talentSmart 2022.