



3rd Annual

FREE Virtual Student Event

April 27th, 2023, 3 PM - 6 PM PDT

MOL23 ATTENDEE GUIDE

Thank you for your interest in joining the [3rd Annual Mind Out Loud \(MOL23\)](#) FREE online student event! Below is information on how to navigate your experience at the upcoming event.

REGISTRATION

INDIVIDUAL ATTENDEE

Join students from across the u.s. & around the world guiding the conversation about mental health

Students (13+) come together for a virtual experience to:

- Connect with their peers across the country
- Hear from engaging speakers to be equipped with practical tools for wellness
- Increase mental health awareness and advocacy for themselves and their friends
- Learn about suicide prevention
- Reduce stigma around mental health

[REGISTER HERE!](#)

LIVE WATCH PARTY

If you are hosting a watch party, only one registration is required. Students attending by themselves will need to register individually. The registration process issues you a link to access the live virtual event on Thursday, April 27, 2023. To be eligible for a pizza reimbursement for hosting a live Watch Party, please submit your receipts by May 19, 2023.

[REGISTER HERE!](#)



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WATCH PARTY AFTER PARTY

Submitting a "2023 Mind Out Loud Watch Party & Street Team Interest Form" and selecting "Watch Party After Party" will automatically enroll you in receiving the event recordings. To be eligible for a pizza reimbursement, please host your after-party before May 19, 2023. Event recordings will be available to host a watch party anytime after May 3, 2023. However, pizza reimbursements will only be awarded during the two-week period between May 3, 2023, and May 19, 2023.

[FILL OUT THE INTEREST FORM HERE!](#)

MARKETING

STREET TEAM

As a Street Team partner, we invite you to use the promotional pieces [HERE](#) to share widely with your networks. For specific marketing materials, please email hello@mindoutloud.org.

SCHEDULE

THURSDAY, APRIL 27, 2023

3:00 pm - 6:00 pm PDT

3:00 pm - 4:00 pm Main Session #1

4:00 pm - 5:00 pm Breakout Sessions (see below)

5:00 pm - 6:00 pm Main Session #2

MAIN SESSIONS are accessible by joining the Zoom webinar link sent to your registered email. If you have not received your Zoom webinar link, please register [here](#).



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BREAKOUT SESSIONS are accessible by joining the individual Zoom meeting room listed below. The complete Breakout Session schedule, including meeting room links are available [here](#).

PIZZA REIMBURSEMENT

As a sponsored Watch Party host, Mind Out Loud will reimburse up to \$100 in pizza costs. In order to be reimbursed, please submit an image of the receipt(s) reflecting the purchase(s) of pizza between the dates of April 27th and May 19th, 2023.

Receipt(s) must be uploaded **NO LATER THAN 11:59 PM PDT May 19th, 2023**. Only pizza costs will be reimbursed. Reimbursements will be issued beginning May 29th, 2023.

After hosting your Watch Party or Watch Party After Party, please submit your receipts to [this pizza reimbursement form](#).

ADDITIONAL RESOURCES

Additional resources for students (13+), Parents/Guardians, and Educators/School Staff can be located on the website [here](#). Student-developed discussion guides, will be available after the event taking place on Thursday, April 27, 2023.

BREAKOUT SESSION RECOMMENDATION

Students can choose a "Pathway" that correlates with a MOL organizational pillar to help identify which session to attend.

Breakout Sessions are accessible by joining one of the Zoom meeting rooms listed in this complete Breakout Session schedule [here](#).



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STUDENT-LED BREAKOUTS

Unique Pathways for Your Mental Health Journey



Watch Party recommendations chosen by the MOL Student Reps

INTERACTIVE
Pathways

OR

DESCRIPTIVE
Pathways

FROM YOUNG ACTIVISTS



AWARENESS & ADVOCACY

Student Voices & Stories

Interactive activity facilitated by MOL Student Director Maya Gomez and assisted by MOL Student Reps Juee Deshmukh, Frankie Chu, and Anaahat Brar.



AWARENESS & ADVOCACY

Call to Action & Empowering Action

Join MOL Student Directors, Alexa Southall and Ashmita Annamalai, and Bring Change 2 Mind Teen Advisors, Emily Dibene and Isabel Gonzalez-Salgado, as they introduce a new campaign for Mental Health Awareness Month in May.



FROM GUEST PRESENTERS



PERSONAL WELLNESS

Self-Care & Connected Care

An interview/presentation led by a Wellness Together therapist, Lindsay Gross, and interviewers Helena Fitzgerald-Lindsay and Caitlyn Hauw from Mind Out Loud.



SUICIDE PREVENTION

Focus on Application & Realistic Expectations

Join Sam Gerry, a founder of Kick It For A Cause and MHA's 2022 mPower Award Winner, along with Joseph Sexton and Crystal Widodo, the 2022 JED FOUNDATION SVMHA Winners, for an enlightening discussion on the latest research findings related to youth suicide rates.



SUICIDE PREVENTION

Education & Curriculum

Discuss mental health curriculum with Catherine Delgado, co-founder of San Diego's SWEAR (Student Wellness Education and Resources) Committee.



SUPPORT FOR MARGINALIZED COMMUNITIES

Cultural Humility & Education

Join MOL Affiliate Mentors, Helen Fleutsch and Sarah Novick, alongside Julia Raass, as they discuss their experiences with stigma within marginalized communities.



FROM YOUNG ACTIVISTS



PERSONAL WELLNESS

Student Voices & Stories

MOL Affiliate Mentor, Christine Lee, and MOL Student Rep, Thi Chan, use their voices to normalize burnout and the "real" ways to maintain personal wellness.



SUPPORT FOR MARGINALIZED COMMUNITIES

Student Voices & Stories

During this session, youth advocates from Diversify Our Narrative, Sydney Chan and Keala Minna-Choe, alongside Leena Iwamoto, a member of SWEAR committee, will lead a discussion centered on the importance of cultural humility, awareness, and respect in the mental health community.

QUESTIONS? CONTACT US.

If you have any questions or concerns, please email hello@mindoutloud.org.