



Mental Health. For minors, it's a major thing.

Kids are exposed to overwhelming demands, pressures and negativity in today's digital world. It's hard to know what's real or when to take a break. It's even harder to realize the impact on your mental health. This is a major problem. 50% of adult mental health conditions take root before the age of 14. We're waiting too long to give kids the skills they need to manage mental health challenges.

Pivotal Moments is a public charity on a mission to change that. Thanks to donations from corporate and individual sponsors, we are able to provide schools across the country free access to a first-of-its-kind online education and a training program called Mental Wellness Basics. The program aims to eliminate stigma that prevents youth from seeking help, and teaches key skills to identify and cope with mental health issues for oneself, friends and peers.

Text "BeverlyHillsTimes" to 39492 to donate

Pivotal
moments

With the help of your donation we'll introduce
Mental Wellness Basics to at least 100 schools in 2019.