



TOGETHER TOWARDS RECOVERY



THE RESILIENCE AND MENTALLY HEALTHY SCHOOL PROGRAM

SCHOOL-BASED PREVENTION AT THE FOREFRONT TO ADDRESS, PREVENT AND RESPOND TO YOUTH STRUGGLES

CDLL's 16 year prevention program envisions schools as pillars of well-being; crucial in shaping resilient minds. This program is proving to be essential by empowering students, parents and teachers through awareness, mental health education, life skills, and resilience building activities.

Developed in collaboration with esteemed partners such as USJ and Hotel Dieu de France, has reached over 70 schools, touching the lives of more than 25,000 students and caregivers in the past 3 years. An additional 800 teachers have benefited from our pioneering online mental health curriculum.

In Lebanon, where youth faces unprecedented challenges, our aim is to reach 12,000 persons from 17 schools schools in 2024

YOUR SUPPORT IS VITAL TO HELP YOUTH TRANSITION SMOOTHLY INTO ADULTS

1 SCHOOL = 5,000\$/ SCHOOL

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MENTAL HEALTH IS LEBANON'S NEXT CRISIS

32.7% of children, adolescents and young adults in Lebanon are experiencing distress, but only 5% seek help! Treatment is often inaccessible due to an alarming shortage of professional providers, high costs and social stigma. We are dealing with an unprecedented *silent pandemic*.

OUR RESPONSE

THE RESILIENCE & MENTALLY HEALTHY SCHOOL PROGRAM

To nurture youth well-being and resilience, we propose a school-based prevention program for students and caregivers. Schools are a key place for early detection and intervention. This model champions a collaborative partnership among parents, teachers and school staff, empowering them as pillars.

THE IMPACT

AVERAGE PER SCHOOL:

60
SESSIONS TO
STUDENTS



600
STUDENTS



20
HOURS OF MENTAL HEALTH
ONLINE TUTORIAL TO
SCHOOL STAFF AND
TEACHERS



60
TEACHERS AND
SCHOOL STAFF



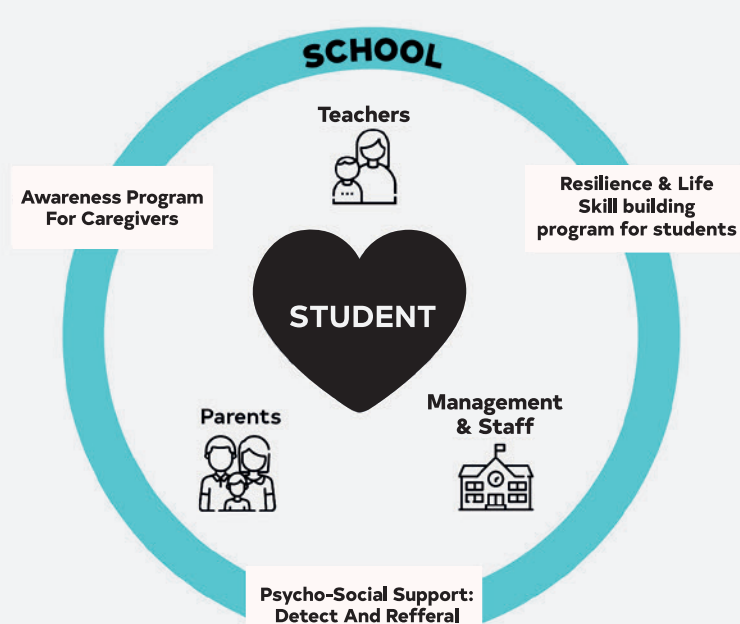
2
CONFERENCES
TO PARENTS



30
PARENTS



THE MODEL



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OUR INTERVENTIONS

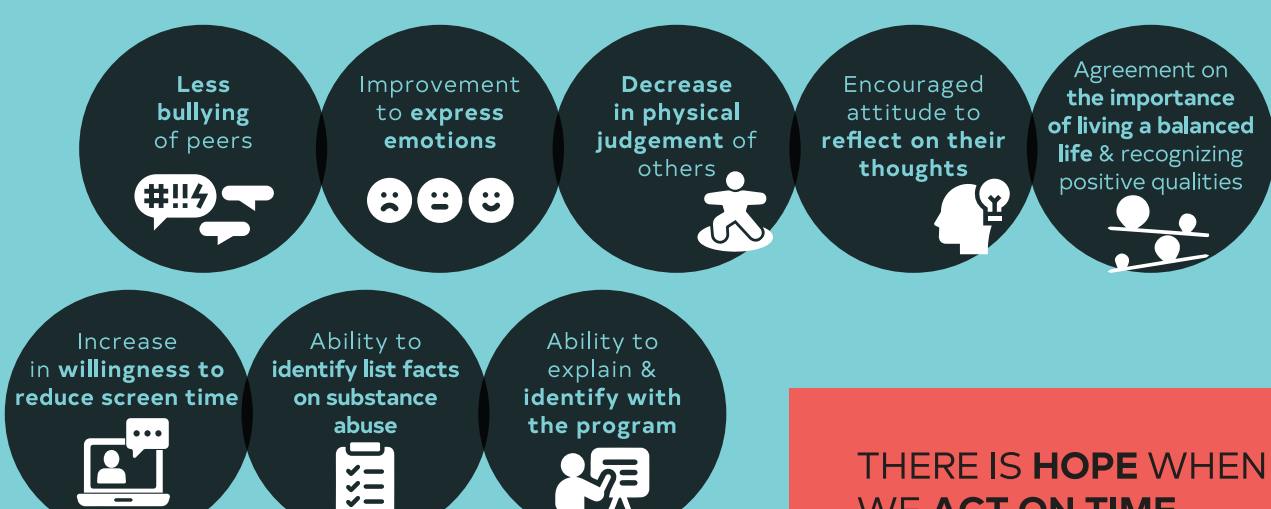


“A great opportunity for our students to discover, love, and express themselves in a healthy way. The sessions helped them uncover their strengths and maintain a positive mindset.”

Nisrine Yaacoubi
School staff



REAL BEHAVIOUR CHANGE OBSERVED:



THERE IS HOPE WHEN WE ACT ON TIME

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