



THE RESILIENCE AND MENTALLY HEALTHY SCHOOL PROGRAM

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

CDLL's 19 year prevention program envisions schools as pillars of well-being; crucial in shaping resilient minds. This program is proving essential by empowering students, parents and teachers through awareness, mental health education, life skills, and resilience building activities.

In 2020, the Wellbeing And Mentally Healthy (WAMH) school-based prevention program developed in collaboration with esteemed partners such as USJ and Hotel Dieu de France, reached in its first three years over 45 schools, touching the lives of more than 22,860 students and caregivers in the past 5 years. An additional 800 teachers have benefited from our pioneering online mental health curriculum.

In Lebanon, the actual situation marks the sixth consecutive year of significant disruptions to education for 1.5 million children. Our aim is to support 12,000 student and caregiver from 20 schools in 2025

In the academic year 2024-2023, CDLL's team provided 1,315 sessions to 13,900 individuals of whom 13,542 students in 27 schools across the regions of Kesrwan, Jbeil, Metn and Beirut.

YOUR SUPPORT IS VITAL TO HELP YOUTH TRANSITION SMOOTHLY INTO ADULTS

1 SCHOOL = 5,000\$/ SCHOOL



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:

496
SESSIONS
TO STUDENTS



300
STUDENTS



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



30
TEACHERS AND
SCHOOL STAFF



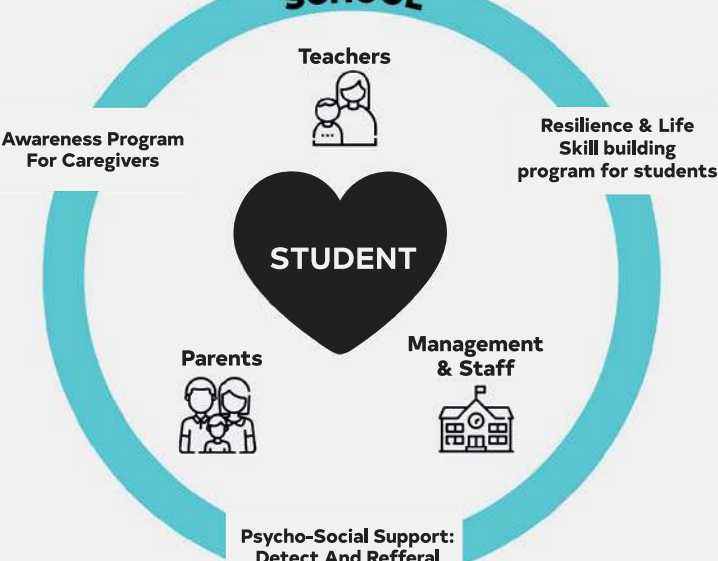
1
CONFERENCES
TO PARENTS



30
PARENTS



THE MODEL

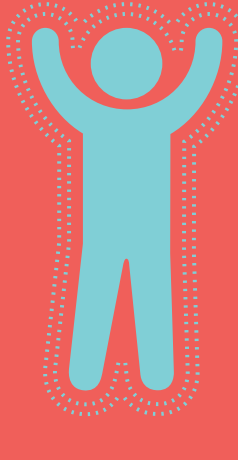
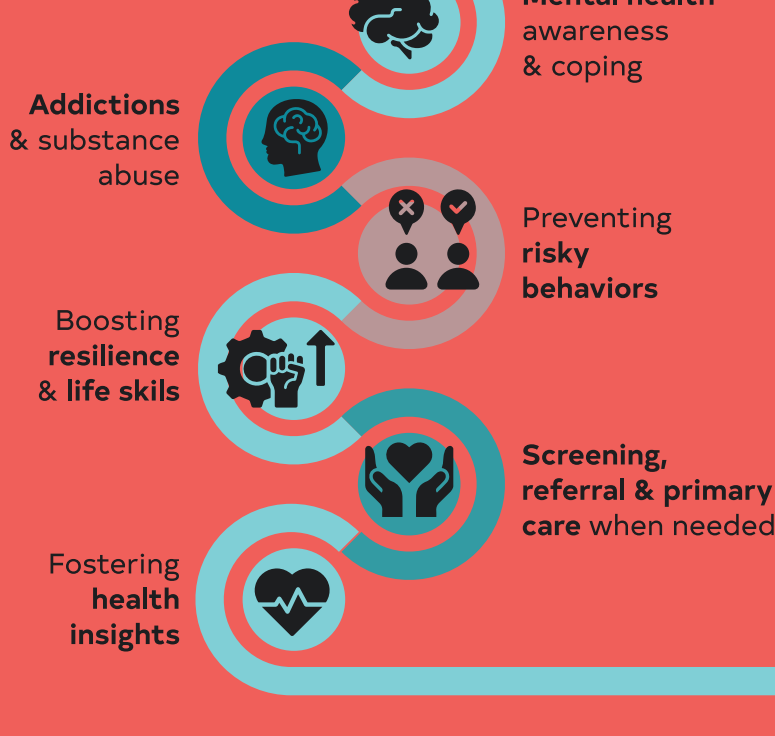


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OUR INTERVENTIONS



A program catered to the needs of each school that protects our youth through matching Risky Behavior topics with Life Skills and Resilience topics

“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



KEY PREVENTION PRIORITIES

INSIGHTS FROM TEACHERS, PARENTS, AND STUDENTS

Students



MISCONCEPTIONS ABOUT VARIOUS SUBSTANCES USE, BULLYING, SELF AWARENESS, SCREEN ADDICTION AND STRESS MANAGEMENT.

Parents



SCREEN ADDICTIONS, MH DISORDERS, BULLYING, MISCONCEPTIONS ABOUT VARIOUS SUBSTANCES USE.

Teachers



MH DISORDERS AND STRESS MANAGEMENT.

REAL BEHAVIOUR CHANGE OBSERVED:



THERE IS HOPE WHEN WE ACT ON TIME
THANK YOU

DONATE