

Get Involved

Your support allows the Clay Center to advance the resilience and emotional well-being of young people everywhere.

Donate. Your gift is tax deductible.

Make a secure gift online:

www.mghclaycenter.org/your-support

Mail your check payable to:

Clay Center for Young Healthy Minds
c/o Dr. Gene Beresin, Executive Director
One Bowdoin Square, 9th Floor
Boston, MA 02114

Connect on social media. Thank you for engaging and helping to spread the word!

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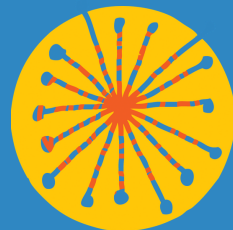
 bit.ly/ClayCenterTV

Subscribe to our newsletter. Keep up to date on our blog, podcast, and video content, as well as new initiatives!

Text MGHCLAYCENTER to 22828 to get started.

Share your story. If someone in your family has struggled with or overcome a mental or behavioral health challenge, we welcome your story.

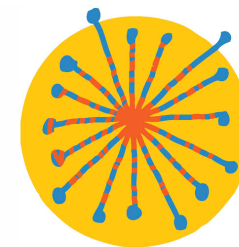
Write to us: contact@mghclaycenter.org



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One Bowdoin Square
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Boston, MA 02114

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The Clay Center for Young Healthy Minds

*Shining light on mental health
through education.*



*A free, online educational resource
to promote and support the
mental, emotional, and behavioral
well-being of young people.*



MASSACHUSETTS
GENERAL HOSPITAL



HARVARD
MEDICAL SCHOOL

www.mghclaycenter.org

Do you have questions about your child's emotional health?

Our Team

Founded in 2013, the Clay Center is led by an outstanding team of Massachusetts General Hospital (MGH) faculty. Executive Director **Gene Beresin, MD** is a child & adolescent psychiatrist and career clinical educator with a passion for creative connection. **Steve Schlozman, MD**, Co-Director, is a child & adult psychiatrist, and accomplished creative writer and speaker. Co-director **Ellen Braaten, PhD** leads the Learning & Emotional Assessment Program (LEAP) at MGH, and is a widely acclaimed expert in neuropsychological assessment.

Managing and Communications Directors **Deirdre Phillips** and **Sara Rattigan** provide core administration through their combined expertise in strategic planning, relationship & financial management, public health practice, marketing, and event and project management. Our research assistant and editorial assistant provide additional support to the entire team. We are also supported by our close affiliations with the MGH Department of Psychiatry, and Harvard Medical School.

What We Offer

Free, Online Content

Through our website, we offer educational materials and resources on mental health. We use a multimedia approach to deliver practical, original content in multiple forms, including a written blog, audio podcast, and video series. Our content is engaging and easy-to-understand, and regularly updated based on new research, current events, and user feedback.

Expert Guidance on Key Topics

- Depression, anxiety, and stress
- Learning and attention issues
- Emotional development
- Social and societal concerns
- Impact of digital and social media
- Navigating relationships
- Self-care, including mindfulness
- Parenting and family concerns

Storytelling for Change

Evidence shows that stories are critical to how people process and learn new information that can build resilience and healthier minds. We draw from real-life stories in order to produce content that is relatable and includes useful tips.



Impact on Real Lives

Building knowledge helps us to understand when to worry and what to do next. Our content encourages families to start conversations and change how they interact about mental health issues, in order to provide a starting place for young people who need help.

Partnerships & Influence

[New York State's Project TEACH.](#)

As part of an initiative by NY's Office of Mental Health, we produce content to help parents support their children as they access skillful and compassionate care for mental health conditions. projectteachny.org

[Frequent News Media Contributions.](#)

We help to shape understanding about mental health issues among reporters and the public through outlets including *The New York Times*, *Business Insider*, *US News & World Report*, ABC News, CafeMom, Understood.org, and WBUR's CommonHealth.

Let us help you learn about when to worry, and what to do!

Visit us online at mghclaycenter.org