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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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

www.mghclaycenter.org

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.

www.mghgclaycenter.org
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.

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.

Let us help you learn about when to worry, and what to do!
Visit us online at mghclaycenter.org