

Get Involved


Help support the Clay Center in order to advance the resilience and emotional well-being of young people everywhere.

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

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Text MGHCLAYCENTER to 22828 to get started.

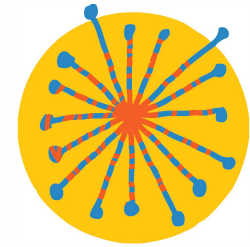
Share your story. If someone in your family has struggled with or overcome a mental or behavioral health challenge, we welcome your story.

Write to us: contact@mghclaycenter.org

www.mghclaycenter.org

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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. 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 and financial management, marketing, project management, and public health practice. Our communications coordinator and research assistant provide support to the entire team. We also closely collaborate with the Massachusetts General Hospital (MGH), MGH Department of Psychiatry, MGH for Children, and Harvard Medical School.

What We Offer

Free, Online Content

Through our website at mghclaycenter.org we offer practical tips and educational resources on mental health.

We use a multimedia approach to deliver easy-to-understand original content in multiple forms, including articles, podcast episodes, and short films and videos. Our content is relatable and regularly updated based on new research, current events, and personal user feedback.

Expert Guidance on Key Topics

- Depression, anxiety, and stress
- Learning and attention issues
- Emotional development
- Social issues and global concerns
- Digital media and cyberbullying
- Navigating relationships
- Self-care, including mindfulness
- Parenting and family concerns

Impact on Real Lives

Providing useable education to parents and other caregivers helps them know what to look for, when to worry, and what to do next when concerned about a child's mental health. Our work encourages families to start conversations and change how they interact, to create 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 create content to help parents communicate with their pediatrician about child mental health concerns, and promote skillful and compassionate care. Visit projectteachny.org for more.

Christie Campus Health

In partnership with Christie Campus Health LLC, we produce educational content on key topics relating to college mental health. This content is disseminated to college students through an accessible online platform.

Frequent News Media Contributions

We help to shape understanding about mental health issues among reporters and the public by contributing clinical expertise and commentary to outlets including *The New York Times - Parenting*, CNN, *Business Insider*, *US News & World Report*, Vox, ABC News, *Bustle*, *Fatherly*, *Scholastic*, *SELF*, Yahoo! Lifestyle, and NPR.

Visit us at ***mghclaycenter.org*** or find us on social media.
Remember, ***#wecanmanagethis.***