Get Involved

Help support the Clay Center in order 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

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

Facebook: @massgeneralclaycenter
Twitter: @MGHClayCenter
YouTube: /mghclaycenter
Instagram: @mghclaycenter

**Subscribe to our newsletter.** Keep up to date on our blog, podcast, videos, and 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

One Bowdoin Square
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Boston, MA 02114

(617) 643-1590
contact@mghclaycenter.org
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 useful 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.