

HEALTHY MINDS STUDY *for* SECONDARY SCHOOLS | HMS2

What is HMS2?

An online survey, HMS2 assesses mental health service utilization and social and emotional well-being in high school and middle school students.

HMS2 is an adaptation of the Healthy Minds Study for Colleges and Universities (HMS), one of the nation's premier studies of college student mental health.

HMS2 uses **validated mental health screening tools** to holistically evaluate how students' well-being in multiple domains relates to their academic growth and success.

Benefits for Your School

- Our team will compile a **detailed data report** providing insights into the state of mental health at your school.
- Our **national data report** can serve as a **point of comparison**.
- These reports can **inform** your school's decisions to implement or modify mental health **programs, policies, and resources** and **better serve your students**.
- You join a **network of schools** known for prioritizing student mental health and well-being.

Participation Logistics

Our team is here to support you through the enrollment process!

- Onboarding call
- Enrollment Form
- Research Agreement

Then, we collaborate to collect consent, develop a sample file, and administer the survey!

All students complete 3 core survey modules



Student Demographics



Social & Emotional Health Status



Help-Seeking & Health Behaviors

Schools may select an additional module for further exploration into student well-being

For more information:

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HMS2 Study Leadership

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HMS2 Study Coordinators

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