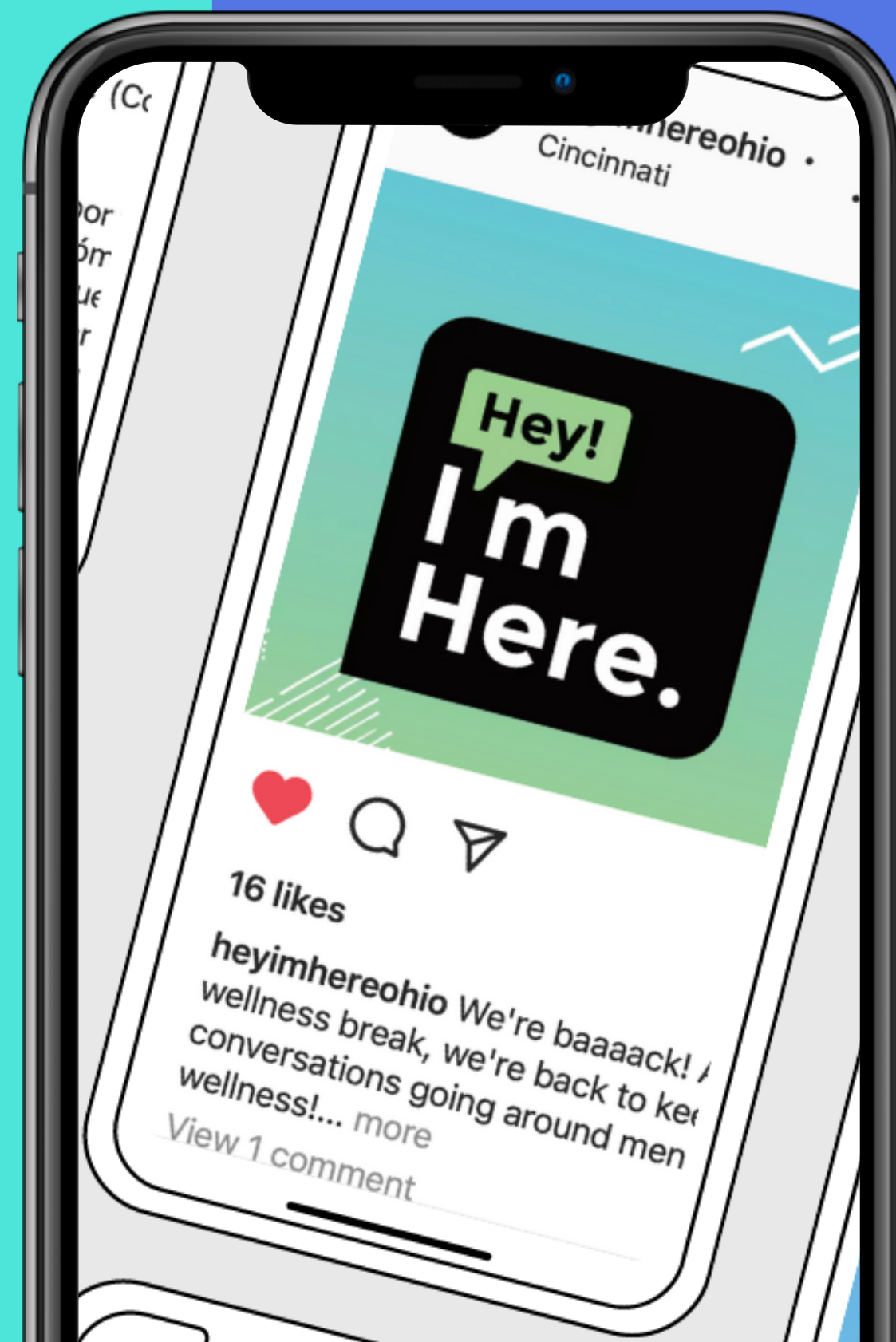


WWW.HEYIMHEREOHIO.ORG

# Hey, I'm Here Ohio



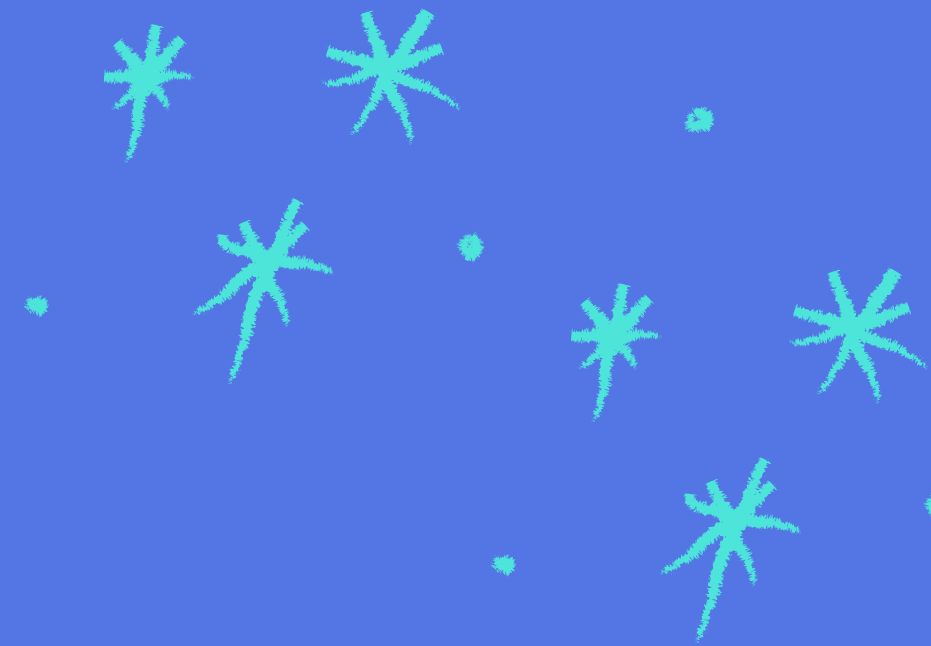
A youth-led community engaged in normalizing the conversation on mental health.



# AGENDA

1. Who we are
2. What is Hey, I'm Here?
3. What we do to spread resilience
4. Our journeys
5. Why peer support matters
6. Q&A / Campaign examples
7. Wrap up

# WHO WE ARE



What is Hey, I'm Here Ohio?

Share

A YouTube video player showing a woman with curly hair, wearing a dark jacket, speaking. A red play button is overlaid on the video. The video title is "What is Hey, I'm Here Ohio?".

**Chantelle, 27**  
(she/her)

Watch on YouTube

WHAT IS HEY, I'M HERE?

A youth-led community engaged  
in normalizing the conversation  
on mental health.



REACHED OVER 3  
MILLION PEOPLE  
WORLDWIDE SINCE 2019

# CONTENT CREATED BY YOUTH FOR YOUTH



Rope-a-Dope and Cope with Hope

When I feel beaten  
and life has me against the ropes  
I have to remember why  
I fought back  
and won  
Countless rounds thus far



# PURPOSE STATEMENT

"A THOUGHT-PROVOKING campaign that shares real **STORIES** and **CONNECTS OHIO YOUTH** to a community that helps **PLANTS A SEED** on their journey of mental health and recovery."



# HOW WE SPREAD RESILIENCE

- COMMUNITY  
(RESILIENCE  
SQUAD)
- ACCESS TO TOOLS
- CONNECTION  
(SELF + OTHERS)
- REVEALING YOUTH  
RESILIENCE





“The Resilience Squad has changed my mindset completely. From just this experience, I have grown a lot of self-trust and I feel like I’ve learned to tell myself it’s okay.”

— Reben, age 18





# OUR JOURNEYS

The top right corner of the slide features three decorative swirls. The topmost swirl is light blue, the middle one is a vibrant yellow-green, and the bottom one is a medium blue. They are arranged in a descending, curved pattern.

PEER SUPPORT-

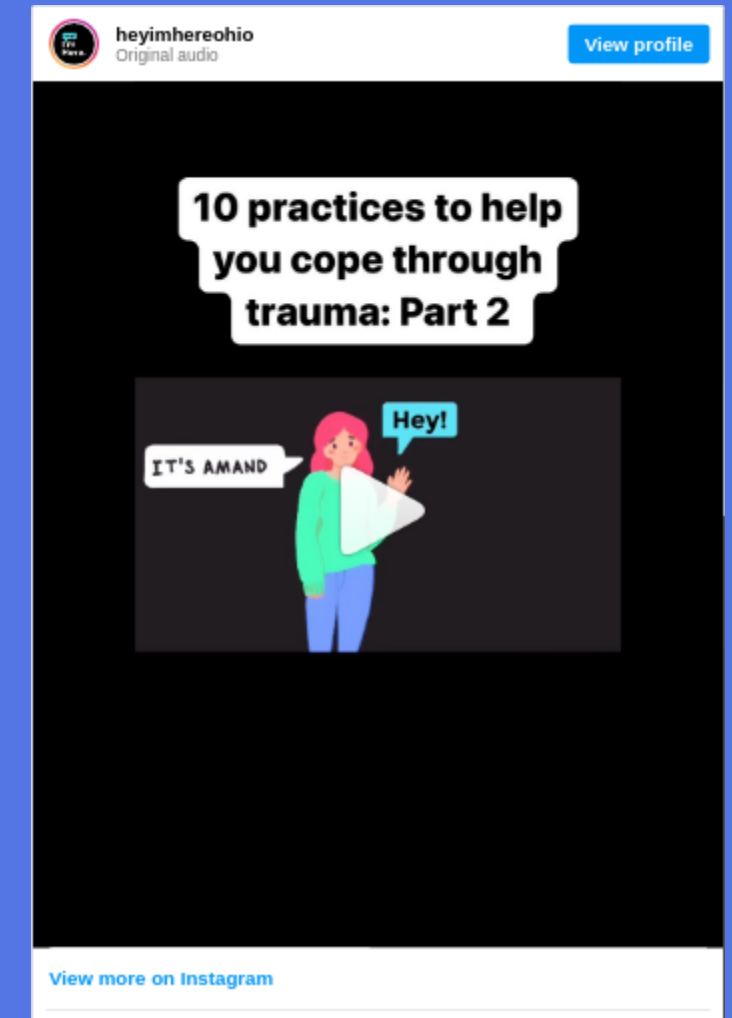
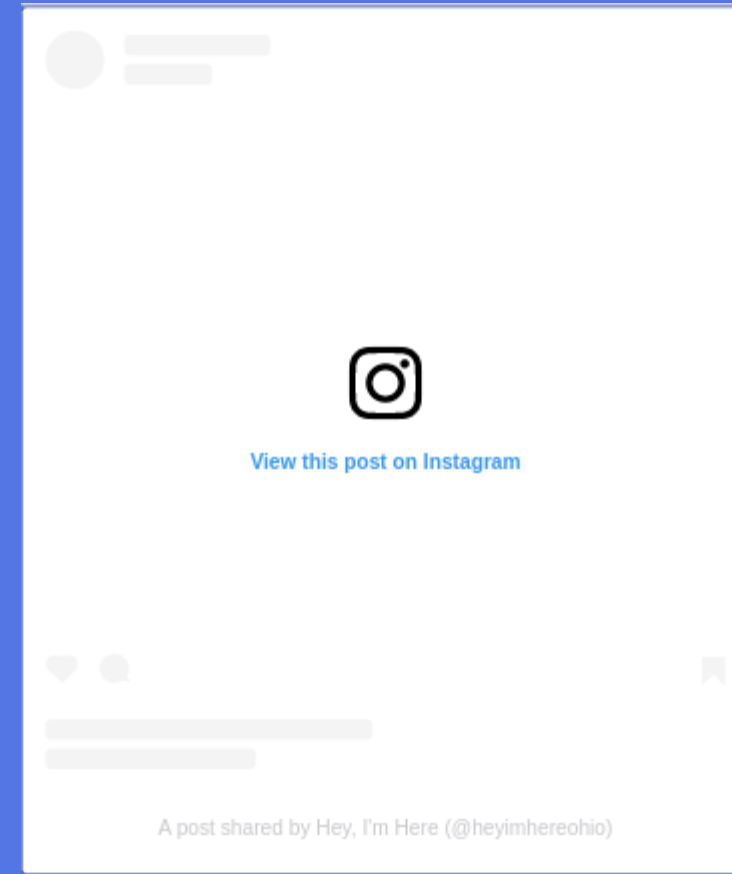
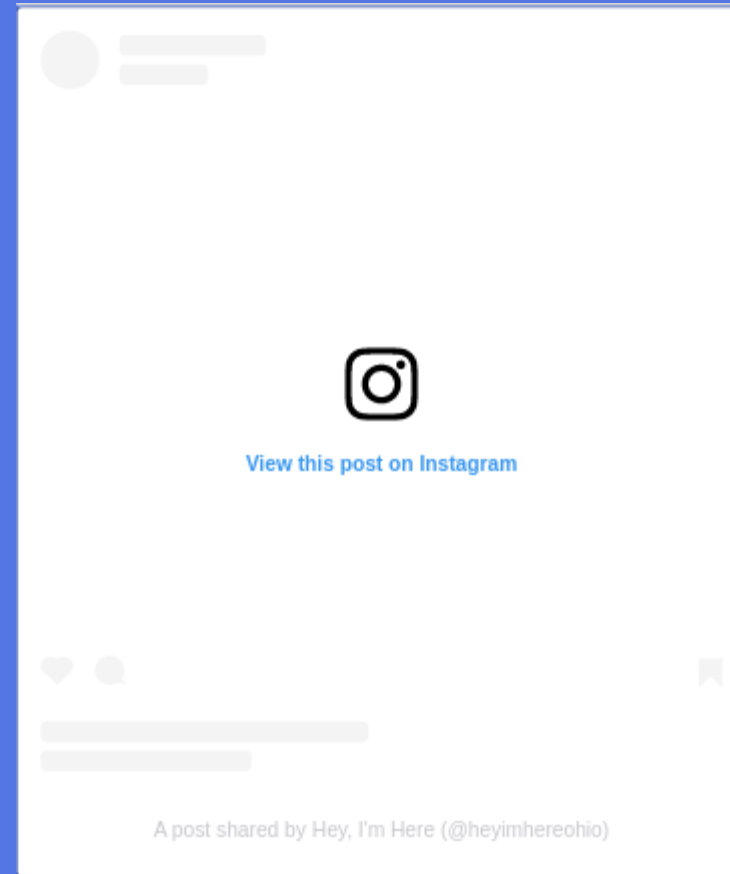
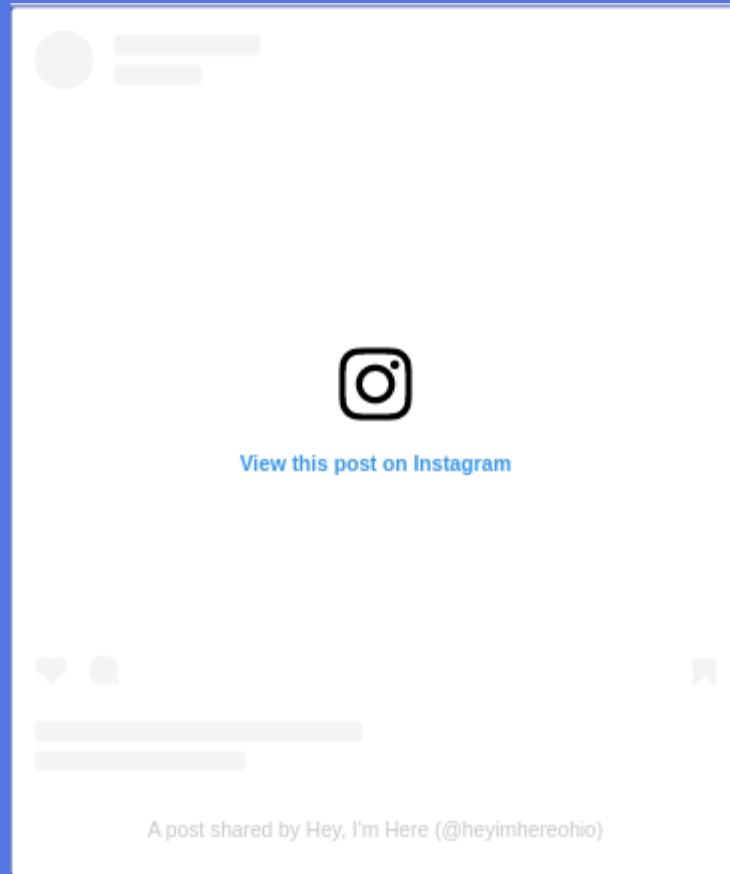
# WHY IT MATTERS

In 2019, more than 1 in 3 high school students experienced persistent feelings of **sadness** or **hopelessness**



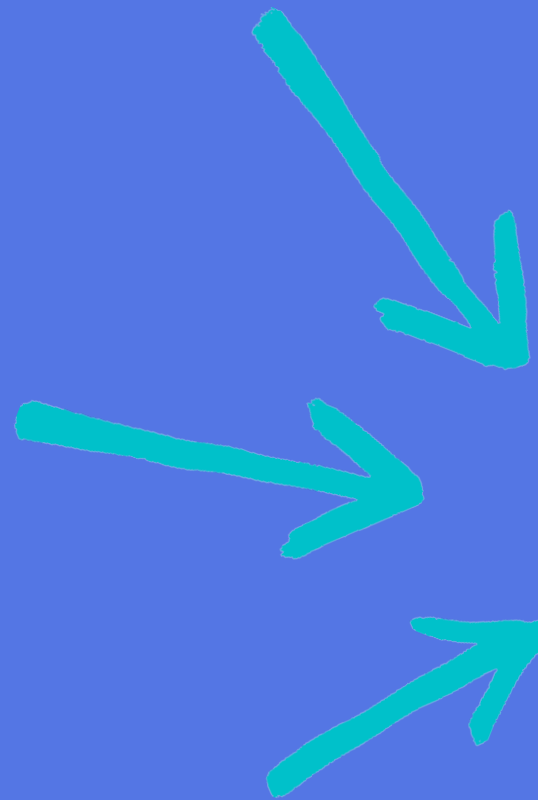
“It's important knowing there are people out there who **relate to what I'm going through** and feel the things that I'm feeling.”

# QUESTIONS?



# YOU'RE INVITED

1. Follow us + share
2. Reach out
3. Join the Squad!



[www.heyimhereohio.org](http://www.heyimhereohio.org)

[heyimherecampaign@gmail.com](mailto:heyimherecampaign@gmail.com)

[@heyimhereohio](#)

Instagram + TikTok