



STUDENT-LED WELLNESS GROUPS

Students are actively helping their peers and addressing youth mental health in schools throughout Wisconsin.

HOW
TO
HELP!

- ➔ School-based student-led wellness programs are in place in 340+ schools, reaching many of Wisconsin's school districts. Students leading these groups, along with their adult advisors, help improve the mental health and wellness of peers in their schools, which often radiates out to their broader community.
- ➔ Peer-led wellness programs are important complements to school-based mental health. These programs help students feel they belong, spread positive messages, build coping skills, and provide informal peer support. One program [reduced youth suicide](#) attempts by 29%.
- ➔ There are national models and homegrown programs. The most common programs in Wisconsin include:
 - Hope Squad
 - MHA Student Ambassadors
 - NAMI Raise Your Voice
 - Peers 4 Peers
 - REDgen
 - Sources of Strength

START A CLUB.

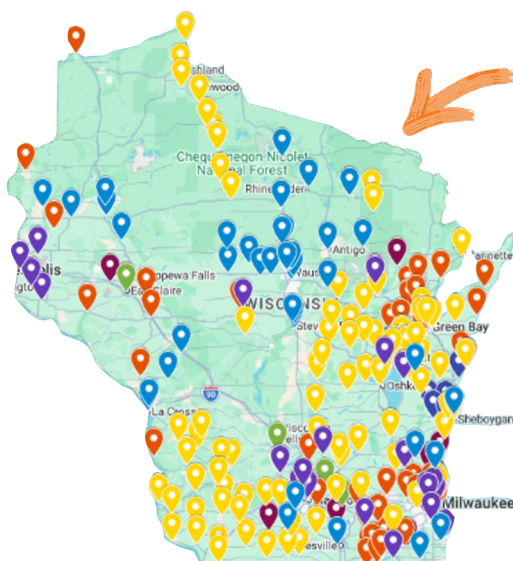
If your school doesn't have a group dedicated to mental health or wellness, you can start one! You can create your own or begin with one of the existing programs in the state.

PROVIDE FUNDING.

The costs of running a mental wellness group are usually modest – but there are costs, including advisor time, materials and promotional items for schoolwide events, and guest speakers. Local businesses, philanthropic partners, school boards, and legislators are all potential funders for these programs.

SPREAD AWARENESS.

If you have a group at your school, aim to include more students in your wellness activities. Host schoolwide events to build awareness, reduce stigma, fight bullying, and build a culture of belonging. If your group is not on our [map](#), please [let us know!](#)



*The majority are in high schools, but a growing number of middle schools are developing wellness groups. Some districts sponsor wellness programs across each of their schools. **View our [map](#) for details.***



WISCONSIN OFFICE OF
**Children's
Mental Health**

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