

STRONG MINDS

UNC GREENSBORO

Program Information and Referral Guide for Organizations



PROGRAM INFORMATION

Strong Minds is a free 10-session program to help adults improve the way they think, act, and feel. Participants meet one-on-one virtually (phone or video call) or in person (in limited NC counties) with a trained Community Health Worker (CHW) to learn skills and strategies to improve symptoms of anxiety and depression. Participation in the program includes:

- 10 psychoeducational skills sessions with a CHW
- Support with social determinant of health resource needs

Strong Minds is available to all residents of North Carolina completely free of cost regardless of income or current insurance. We can see participants in person depending on county.

ELIGIBILITY CRITERIA

Strong Minds is available to adults 18+ that speak English, Spanish, Arabic, or Vietnamese. All interested participants will complete an eligibility screener to ensure that their needs can be best served by the Strong Minds program. Using our screening tool, participants must meet the below conditions to qualify:

- Be 18 years or older
- Speak English, Spanish, Arabic, or Vietnamese
- Have mild or higher symptoms of anxiety or depression
- Does not meet criteria for severe substance use disorder risk
- Does not report history of mania, bipolar disorder, or schizophrenia
- Does not report active suicidal ideation

Strong Minds may refer ineligible participants to a higher level of support.

FOR MORE INFORMATION OR TO MAKE A REFERRAL:

OUR TEAM STRIVES TO RESPOND TO REFERRALS PROMPTLY. WE WILL PROVIDE YOU AN UPDATE WITHIN TWO WEEKS.



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<https://cyfcp.uncg.edu/strong-minds-strong-communities/>