GET INVOLVED
FOR YOUR FAMILY, YOUR COMMUNITY

Our Mission: "To equip youth with the tools, voice, and support they need to thrive mentally and emotionally — at school and in sports, activities, and life."

Learn how you can make a difference for mental health and shape a brighter future for youth in our community. Get involved at engageandheal.org and join the conversation at @engageandheal.

People can call or text 988 or chat 988lifeline.org for themselves or if they are worried about a loved one who may need immediate crisis support.

CONTACT US

Get involved and donate:
engageandheal.org

Join the conversation:
@engageandheal.

Join the conversation to engage, and to heal.

We have the resources.

988 | SUICIDE & CRISIS LIFELINE

BREAKING THE STIGMA OF MENTAL HEALTH

We exist to equip youth with the tools, voice, and support they need to thrive mentally and emotionally — at school and in sports, activities, and life.

ENGAGE & HEAL
FOUNDATION

MAKING A DIFFERENCE
ONE STUDENT AT A TIME

The Engage and Heal Foundation is a strong conduit of premier resources and education designed to ensure youth and their caregivers - on the field, in the classroom and at home - have access to the mental health literacy tools needed to ignite healthy dialogue, reduce trauma, and empower students to seek mental health support. We partner with mental health professionals to address real-world problems facing today's students. We believe actionable change is possible through education and healthy, honest conversations.

MENTAL HEALTH IMPACTS US ALL.

Statistics provided by the National Alliance on Mental Illness (NAMI)

1 IN 5
adults experience some form of mental illness each year

50%
of all lifetime mental illness begins by age 14, and 75% by age 24

1 IN 6 YOUTH
youth aged 6-17 experience a mental health disorder each year

10 TO 14
Suicide is the second leading cause of death among people aged 10-14

IT'S TIME TO ENGAGE, AND HEAL
LET'S PREVENT FUTURE TRAGEDIES, TOGETHER

Central Texas is not immune to the crisis posed by mental health challenges. The Engage and Heal Foundation was formed in response to a tragic loss. In 2018, Erik Hanson, a Lake Travis High School (LTHS) graduate - an honors student and varsity football player - and cadet in the corps at Texas A&M University, lost his struggle with mental health. Relentlessly bothered by the question, "What could I have done to prevent this?" Amelia Floyd, whose daughter was Erik's best friend, set out to share resources with students and raise awareness about mental health challenges.

With support from the community, Floyd started the Erik Hanson Memorial Scholarship and awarded three $2,000 scholarships for Lake Travis football players who demonstrated need. The scholarship tagline, "Engage and Heal," an acronym for Hanson's name, quickly caught on, along with a demand for more mental health resources in the Lake Travis community.

More than five years later, the Engage and Heal Foundation is dedicated to breaking the stigma associated with mental health and sharing education and care resources to prevent future tragedies.