

Prince William County Virginia | Pi Lambda Lambda | Third District – On November 3rd, 2021, the Omega U Program had a Teen Mental Health presentation hosted by Kaiser Permanente.

Mental Health Literacy is the knowledge and understanding that helps us become responsible, effective and successful in living full and healthy lives.

Amid the pandemic, we have still found ways to come together as a community and keep our commitment to serving our schools. After the presentation, Teaching Artists lead a guided discussion where students can ask questions and share thoughts about stress, anxiety, depression, suicide prevention, and resilience.



Kaiser Permanente hosted this event with speaker Jimez Alexander who presented a video of different scenarios of mental health situations.

Omega U

“Black lives matter. Black mental health has to matter too”

~Catherine, Duchess of Cambridge~

Adolescents with mental health conditions are in turn particularly vulnerable to social exclusion, discrimination, stigma (affecting readiness to seek help), educational difficulties, risk-taking behaviors, physical ill-health and human rights violations.

A safe environment, speaking to someone you can trust, exercise, playing sports, releasing stress by taking deep breaths. These are some of the things that can help you make it through you day. Get the help you need and don't be afraid to ask for help.

Omega U will continue to provide mentorship to the students in Prince William County, teaching them to strive for more than the boundaries that are set around them.

Good mental health

Positive mental health

Mental well being

Subjective well being and Happiness