



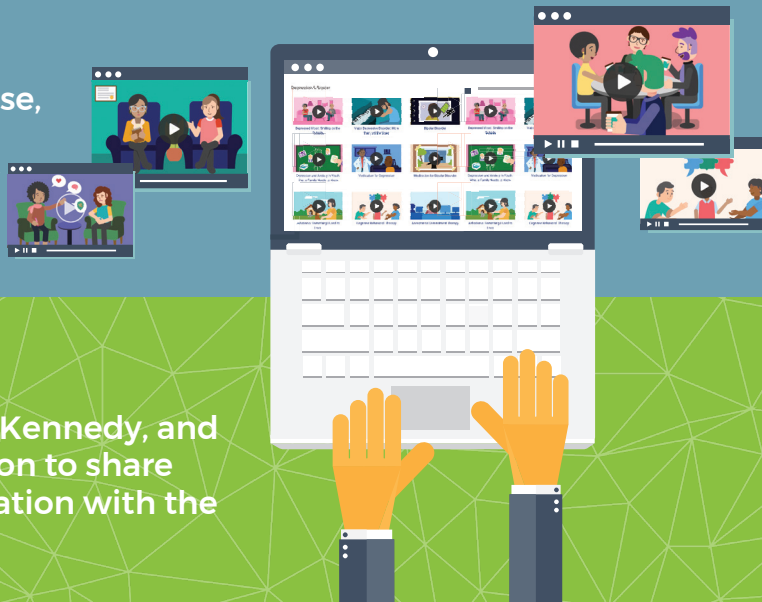
The Psych Hub video library is the **FREE** trusted resource for **MENTAL HEALTH EDUCATION**.

WHY:

Everyone experiences mental health symptoms at some point in their lives, which is why having access to free, credible content in one central hub is crucial to our overall well-being.

WHAT:

Psych Hub is an online platform with over 100 short, free videos on mental health, substance use, and suicide prevention. All videos go through a rigorous QA process to ensure they are clinically sound, trauma-informed and non-triggering.



WHO:

Founded by mental health advocates, Patrick J. Kennedy, and Marjorie Morrison in August 2018 with the mission to share best-in-class mental health and addiction education with the world.

WHERE:

All videos can be accessed online at PsychHub.com or directly through our partners.

