



Tom Karlin Foundation One-page Summary

Mission

The mission of the Tom Karlin Foundation (TKF) is to improve the quality of teens' lives and reduce teen suicides through education and awareness of depression, suicide prevention and mental wellness.

Vision

We envision a world in which **NO** teens commit suicide, and **ALL** teens are aware of and practice positive mental wellness habits.

Guiding Principles

The follow key principles guide our work:

- Extensive and active Teen involvement (BTW, they are our target audience)
- Move efforts “upstream” (prevention, early detection, put crisis counselors “out of work” because we discuss mental wellness all the time)
- Efforts must be consistent and constant (not just one week/month per year)
- Leverage existing resources and relationships (don’t recreate the wheel)

The “How” behind our Vision

TKF proposes to reach its Vision by fostering a community in which:

- Teens & adults are empowered to address mental health in self & peers
- Each teen & advocate (parent, coach, teacher, law enforcement) is educated on mental health/depression/suicide, and has access to tools & resources to help those in need
- Mental health challenges are de-stigmatized, and teens seek help readily & without trepidation
- Mental health screening occurs for all teens regularly
- Each teen has identified a “lifeline” and serves as a “lifeline” to others



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