

More than 1,200 people participated in
The Lift Project with the Finger Lakes Area
School Health Plan!

94%

would recommend
The Lift Project
to a friend



PARTICIPATING IN THE LIFT PROJECT
GAVE ME SKILLS FOR SUPPORTING MY
MENTAL HEALTH AND WELLBEING
DURING CHALLENGING TIMES.

85%

86%

PARTICIPATING IN THE LIFT PROJECT
WILL BE LIKELY TO HAVE A
POSITIVE, LONG-TERM INFLUENCE
ON MY WELLBEING.



I was having a pretty hard time emotionally and mentally, and it was starting to affect my physical health. The Lift Project gave me ways to help and many different strategies that I can use long term. It seemed to speak to what I needed to get me through a tough time. I have learned to set healthy boundaries and focus on ME. Thank you!

The Lift Project had a lot of great knowledge, tips and tricks that helped me understand my own responses, as well as further understand some of the behavioral patterns of my students.

84%

PARTICIPATING IN THE LIFT PROJECT
IMPROVED MY MENTAL HEALTH AND
WELLBEING.

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I really enjoyed all of the lessons and shared many of them with my students and my family. I found myself having conversations with others about what I had learned. The Lift Project makes it easy to access and about ways to improve our lives. Thanks for the program.

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