



Resource Brief

Friend2Friend (Kognito)

Website:

<https://kognito.com/products/friend2friend>

Grade Level:

High School

Time:

- Average run-time for simulation is 25 minutes
- Combined with suggested implementation, total time will be 50 to 90 minutes

Cost:

- \$2,000/school annual subscription
- Discounts available for rural and low-income schools, or for groups of 10 or more schools

Additional supports:

- Curriculum contains comprehensive teaching notes, discussion guide and sample lesson plan
- Implementation tips
- Online support
- Local and National resources available in subscriptions
- A number of professional development programs are also available for schools, including companion mental health professional development for teachers and school staff.

Summary

The Kognito program Friend2Friend is an online game-based simulation aimed to educate students on mental health and suicide prevention through interactional virtual role-play. The objective is that students will:

- Build awareness, knowledge and skills to become mental health literate.
- Shift attitudes aimed to destigmatizes mental illness.
- Recognize signs and symptoms.
- Learn effective approaches when a friend is in distress and how to support them.
- Encouraging self-help and treatment-seeking behaviors.
- Develop skills to utilize personal and community resources.

Considerations

The Friend2Friend online module is an excellent resource for fulfilling the above objectives. However, no one resource is expected to comprehensively address the entire mental health education framework. Friend2Friend either partly or minimally addresses several these content areas:

- The relationship between mental health, substance use and other negative coping behaviors.
- The concept of recovery and resiliency.
- Identifying risk and protective factors.
- The negative impact of stigma and cultural attitudes towards treatment seeking behaviors.

Therefore, resources and/or additional information must be supplemented to address the above content areas.