

# Mental Health and Prevention

WOH4L is dedicated to advancing mental health and prevention through the use of practical tools, accessible resources, and ongoing education. We believe that prevention is most effective when it begins in the heart of the community, which is why much of our work takes place in the Lakes Area, including the cities of Walled Lake, Commerce Township, Wolverine Lake, and White Lake. As an active partner within the Walled Lake Consolidated School District, one of the largest and most diverse districts in Michigan, we collaborate with students, parents, educators, and community leaders to strengthen protective factors, reduce stigma, and build resilience. Through school-based initiatives, community events, and interactive outreach, we empower individuals and families to better understand mental wellness, adopt healthy coping strategies, and access the supports they need before crises arise. By embedding education and prevention into everyday spaces, WOH4L helps create a stronger, healthier, and more connected community.