



We're on a **trailblazing mission** to raise awareness about digital mental health and help communities bridge the digital divide.

Contact Us Today!

(205) 827-3283

support@pcempowerment501c3.org

pcempowerment501c3.org

Scan me to Get Involved



pcempowerment501c3.org



Digital Mental Health

A W A R E N E S S

IMPACT GOAL: 5,000 minds in 2025

MEDIA

CHECK OUT THE LATEST PC EMPOWERMENT NEWS & MEDIA

Digital Mental Health Awareness Community + Facilitator Training Day

Get equipped to spark and lead transformative conversations in your household, workplace, and community! Join us for an empowering day dedicated to raising awareness about Digital Mental Health (DMH). You'll learn about things like **Digital Exhaustion** and **Information Overload**, to name a few, during our interactive presentation, **Your Relationship With Your Phone**, in addition to taking our guided quiz to learn how technology effects your Digital Mental Health.



[Visit our Events Page](#)

Digital Mental Health Resources

- **Digital Mental Health Quiz** helps you see where you stand with your Digital Mental Health.
- **Your Relationship With Your Phone** presentation for people who use digital devices
- **Internet Rules** cards & high-traffic area posters
- **Ongoing Programs** contact us to learn more



2025 IMPACT GOAL

We're on a Mission to Impact 5,000 Minds in 2025



OUR PERFORMANCE

We've been impacting organizational teams and students since 2023 with our resources and curriculum



OUR REACH:

We've been able to reach 100s and are ready to expand our reach



INVITE TO STEP UP:

Our Digital Mental Health Advocate + Facilitator trainings begin Q1 2025

WAYS TO GET INVOLVED

TAKE THE QUIZ

Gain insights on your tech habits and understand how your unique tech usage impacts your psychological well-being

CONTRIBUTE

Make a donation or purchase Digital Mental Health resources on our website.

BECOME OR BOOK A DIGITAL MENTAL HEALTH LEADER

We help everyday people reclaim their mental health, get certified, and spark convos that help others do the same. Book a PC Empowerment Digital Mental Health Facilitator today!



Meet Courtney
Our Founder

Our founder, Courtney Woods, is passionate about raising awareness about Digital Mental Health and driving innovation to solve real-world problems while creating unity in the community and creative opportunities. With a keen eye for detail and a knack for problem-solving, she's making waves in the tech industry by empowering everyday individuals, brands, and communities to thrive in a **tech-driven world**.

