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**Edge Foundation offers free one-to-one coaching to students and teachers facing mental health challenges brought on by the COVID-19 pandemic crisis**

Seattle, WA (May 6, 2020): Social distancing, forced online learning and a disruption of routines are leading to a mental health crisis caused by the COVID-19 pandemic. For those with Attention Deficit Hyperactivity Disorder (ADHD) and Adverse Childhood Experiences (ACEs), these hardships can be even more difficult.

“That’s what is keeping me up at night,” Susan Borja, who leads the traumatic stress research program at the National Institute of Mental Health, told the *Washington Post*. “I worry about the people the system just won’t absorb or won’t reach. I worry about the suffering that’s going to go untreated on such a large scale.”

A Kaiser Family Foundation poll found that nearly half of Americans report the COVID-19 coronavirus crisis is harming their mental health. A national helpline run by the Substance Abuse and Mental Health Services Administration reports more than a 1,000 percent increase in calls in April compared to the same time last year.

The Seattle-based Edge Foundation is helping by providing free or reduced-price coaching for students learning from home and the teachers and staff who are serving them. Professional coaches meet each week by phone or computer to offer one-to-one help. The student or teacher that receives the coaching sets the agenda and the coach helps each one achieve his or her goals – whether they are focused on education or other areas of their lives. These specially trained coaches help people learn how to better manage their lives and succeed. Coaching is different from therapy or tutoring. A coach helps individuals develop agency, the ability to plan for and help themselves.

“During this difficult time, it’s even more important for individuals to have someone they can talk to and work with to help them address the challenges they’re facing,” said Edge Foundation Founder Neil Peterson. “One of those challenges is a lack of connection. Having an individual coach to work with can help.”

Edge Foundation has more than 15 years' experience helping young people, especially those who struggle and non-traditional learners - youth and young adults with executive function challenges, many times caused by ACEs or ADHD. Edge Foundation provides one-to-one coaching to help these students learn and realize their full potential.

"We know students, parents and teachers are experiencing anxiety and stress during the current crisis," Peterson said. "Our certified coaches are available to provide coaching during this crisis, which can be extremely helpful to anyone who needs assistance."

Anyone who is interested in learning more about Edge coaching should contact the Edge Foundation at [info@edgefoundation.org](mailto:info@edgefoundation.org) or 888.718.8886.

**About the Edge Foundation:** The Edge Foundation aims to give each student an executive-style coach so they can complete their education, realize their full potential and pursue their passion. The foundation focuses on children, teens and young adults who are non-traditional learners with executive function challenges that can come from ADHD and Adverse Childhood Experiences (ACEs). The Edge Foundation has proven that providing personalized coaching to at-risk, struggling students helps them succeed and meet their potential. Foundation coaches currently work in schools and with individual students throughout the country. Edge Foundation coaching works. A study by Wayne State University looked at Edge Foundation coaching methods involving students from 10 universities and community colleges. The study was the largest and most comprehensive study of ADHD coaching conducted to date. The research team determined that the Edge Coaching model was four times more effective than any other educational intervention in helping students improve executive functioning and related skills as measured by the Learning and Study Strategies Inventory. (LASSI; Weinstein and Palmer, 2002). Learn more at [www.edgefoundation.org](http://www.edgefoundation.org).

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