



Project Title: Building Synergy in Promoting Mental Health Awareness Across Campus using a Student-Led Participatory Action Approach

Project Summary (150 words maximum)

In 2010, the Mental Health Awareness Club (MHAC) was established as an innovative, interprofessional, student-led, working group to promote mental health awareness at UBC. Mentored by an advisory circle comprised of community partners and faculty members from several health and human services disciplines, MHAC has become a forum for student learning, peer-to-peer mentoring, and teaching about mental health. The next phase for MHAC is to create opportunities for leadership development for members, to partner with other mental health initiatives across campus, and to focus energy on systematic identification of campus-wide mental health awareness needs. By engaging students across campus in needs assessment activities, MHAC will increase dialogue and awareness about mental health at UBC. A strategic partnership with Student Development and Services will increase student leadership capacity, enhance synergy across campus in mental health awareness, and support students to conduct student mental health awareness needs assessments using participatory methods.