



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

**Project Summary (150 words)**

Founded in 2010, the Mental Health Awareness Club (MHAC) is an established student-led club dedicated to promoting mental health awareness at UBC. Mentored by an interprofessional advisory circle, MHAC continues to be a forum for high impact student learning, peer-to-peer mentorship, and increased awareness about mental health on campus. Through Club activities, students have opportunities to develop leadership skills, collaborate with other groups and services, and engage the community to better understand student needs. To build on this momentum, the Club seeks to further increase its capacity and the capacity of its members. The Club proposes to expand its focus through understanding mental health stigma and its effects on students' full participation in student life. Using a participatory action approach to identify if and how stigma affects students' lives, the Club will engage students to better inform initiatives aimed at improving students' mental health awareness, their health and academic success.