VISION
Positively impact the campus mental health climate for students and build a culture of resiliency

PARTNERSHIPS + SPONSORSHIP
UAB Honors College Faculty Fellows Program, Department of Health Behavior, School of Public Health, and Student Counseling Services.

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UAB Mental Health Ambassadors

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MENTAL HEALTH AMBASSADORS
ESTABLISHED 2019

STUDENTS PROMOTING MENTAL HEALTH AWARENESS AND RESILIENCY AT UAB
Mental Health Ambassadors is a peer-to-peer mental health promotion program. Students propose, develop, and implement mental health promotion campaigns for students across campus and social media platforms. Mental health initiatives focus on mental health awareness, resiliency, and self-care as well as practical skills for addressing concerns. Students have the unique opportunity to create educational resources for fellow students and leave a lasting impact on the mental health climate within our program, school, and beyond.

**OUR INITIATIVES**

**Social Media**
Follow our social media platforms to stay posted on:
- Self Care Sunday
- Mental Health Monday
- Thriving Thursday (upperclassmen resiliency)
- Freshman Friday
- Additional messaging and resources

**Events**
Keep an eye out for events throughout the semester, such as the "Make it Stick" self-care sticker campaign and how to use the arts as self-care.

**Presentations**
Request a presentation on the following topics:
- self-care
- how to help a friend with mental health struggles
- dark humor

**Training**
- Mental Health Matters
- QPR training
- Active Listening + Motivational Interviewing
- Program Design + Development

**Proposal**
Submit a mental health campaign proposal

**Commitment**
Commit to enacting approved mental health campaign