Project Title: Continuing to Promote Mental Health Awareness on Campus: A Student-Led Interprofessional Learning Project to Benefit the UBC Community

Project Summary (150 words maximum)

Last year, we created an innovative, interprofessional, student-led working group whose mandate was to promote mental health (MH) awareness on campus. Mentored by an advisory circle comprised of community partners and departmental faculty from Occupational Therapy, Nursing, Family Practice and Pharmacy, the Mental Health Awareness Club (MHAC) is a forum for students interested in health promotion, where they can engage in peer-to-peer mentorship and teaching, attend in-session workshops on student development, and apply the health promotion principles they have learned through the planning and implementation of program events. This year, the group seeks further funding to continue the amazing work they have already carried out, and to build on the group infrastructure established thus far. The upcoming year will place a renewed emphasis on growing student capacity, recognizing that members are eager to learn about mental health awareness and promotion beyond a traditional classroom setting, and where they can plan and deliver educational information in an interprofessional, student-led environment.