



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

CONTACT US

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MENTAL HEALTH
AMBASSADORS

ESTABLISHED 2019

STUDENTS PROMOTING
MENTAL HEALTH
AWARENESS AND
RESILIENCY AT UAB



ABOUT US

- 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.
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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

How to become a mental health ambassador

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

