

**MENTAL HEALTH AMBASSADOR PROGRAM**  
PROUDLY PRESENTED BY CO-OPERATORS

**PURPOSE**

The **Mental Health Ambassador (MHA) Program** aims to establish a team of Enactus students across the network to champion mental health education, promote actions that contribute to positive mental health and connect their peers to mental health resources.

We know that 70% of mental health problems have their onset during childhood or adolescence and young people aged 15-24 are more likely to experience mental illness and/or substance abuse disorders than any other group. The aim of this program is to make mental health a foundational element of Enactus so that eventually every Enactus team has an ambassador who is actively sharing resources, engaging peers, and looking out for the well-being of teammates. The desired result is greater mental health resilience amongst Enactus students, i.e., the ability to adapt or persevere through difficulties and shocks in life.

**MENTAL HEALTH AMBASSADOR ROLE**

REQUIRED ACTIVITY	AMBASSADOR ROLE	APPROXIMATE DATE
Join onboarding virtual call (1 hour)	Meet fellow ambassadors, ensure understanding of the role requirements	October 2023
Complete <a href="#">Be There Certificate</a> (2 hours)	Complete self-guided online certification	November 2023
Join virtual Mid-Year Check-In (1 hour)	Share best practices and learnings amongst fellow ambassadors	January 2024
Complete at least <b>four</b> mental health activities within your Enactus team prior to the Enactus Canada National Exposition	Successful ambassadors will receive a toolkit that provides examples of activities (NOTE: MHAs will be required to collect impact data and share back with Enactus)	Prior to May 2024
Attend the Mental Wellness Zone at the Enactus Canada National Exposition, while encouraging your teammates to attend	Share your experience as a Mental Health Ambassador to Enactus students	May 2024
Attend Mental Health Ambassador Meeting at Enactus Canada National Exposition	Connect with fellow ambassadors for a best practice sharing session and provide additional feedback on experience	May 2024

**WHO SHOULD EXPRESS INTEREST?**

**Up to thirty (30) Enactus students will be selected.**

Those best suited to the MHA role are Enactus students who are looking for a challenge and willing to use their creativity and perseverance to increase mental health education amongst their peers and promote actions that contribute to positive mental health. They bring a combination of **passion, diligence, strong organizational and communication skills, interest in mental health and resourcefulness**. The MHA role includes:

- Deepening your own understanding of youth mental health issues, available resources – especially local and campus resources – and tactics for engaging peers
- Providing support through non-judgmental listening, connecting peers to help and normalizing help-seeking
- Delivering mental health content/activities from existing sources to Enactus teammates and peers through face-to-face interactions and written communications including use of social media

**SUPPORT AND BENEFITS**

- Mental Health Ambassadors will be provided with access to training and existing resources, including turnkey resources that can be used to engage teams in mental health education
- Mental Health Ambassadors will be granted a \$500 educational stipend

**ADDITIONAL INFORMATION**

Enactus students who become Mental Health Ambassadors are not professionally trained. They are not expected to diagnose mental illnesses or handle sensitive situations that infringe on their personal boundaries. Rather, ambassadors will be supported through training, education, and resources to engage and empower their teams to actively safeguard their mental health. Situations beyond an ambassador's comfort level should be directed to a crisis hotline, emergency department, or medical professional.

Interested students should apply by **Monday, September 25, 2023**: [Mental Health Ambassador - Application Form](#)