

## **Mental Health Ambassador Application 2019 – 2020**

The Mental Health Ambassadors (MHA) are a volunteer group of students who are committed to raising awareness and implementing programming about mental health issues that are specific to the college experience. These students work to normalize mental health conversations while also recognizing and valuing everyone's' unique experiences. These ambassadors represent a few of the many different relationships students have with mental health and wellness and work to provide diverse perspectives for their peers. Under the guidance of the Student Counseling Center, MHAs help carry out Counseling Center initiatives and implement programming on a range of topics including depression and anxiety, healthy relationships, body image, self-care, and helping friends in need.

### Who should apply?

- Sophomores, juniors, and seniors who have a passion for the topics listed above – whether formal or informal (no academic background necessary!)
- Meetings and programming will average 2 – 3 hours per week, MHAs must prioritize this position.
- Students who are self-motivated and collaborative across campus are encouraged to apply!
- Communication is essential – from responding to email inquiries to advising peers in need.

**Please type your short answer responses to each of the following questions. Completed applications should be emailed to Trish Murray with a subject line, "MHA Application" by April 22<sup>nd</sup>.**

**Applications will be reviewed and a select group of applicants will be invited to interview for a position.**

Name \_\_\_\_\_

Phone number \_\_\_\_\_ P.O. Box # \_\_\_\_\_

Birth Date \_\_\_\_\_ Campus Address \_\_\_\_\_

Home Address \_\_\_\_\_

Major \_\_\_\_\_ GPA \_\_\_\_\_

Academic Status as of Fall 2018:

Sophomore

Junior

Senior

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*In this section, please respond to questions about your interests and qualifications.*

1. What is the value in having peer-to-peer mental health ambassadors on campus?
2. What is one piece of advice you'd give to an incoming first-year student at Davidson regarding their mental health?
3. How do you maintain your mental health? How do you promote mental health and self-care within your friend groups?
4. What are some commonly cited barriers to seeking support for mental health concerns on campus? What are some potential interventions that could minimize those barriers?