



Circle K International Service Committee Mental Health Initiative

Here are some ideas on how to get involved with the Mental Health Initiative developed by the Circle K International Service Committee. Members around the world are committed to promoting self-care while spreading awareness about and breaking stigmas that surround mental health. This issue is growing within our organization and across college campuses.

| Organizations | Projects |
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| <ul style="list-style-type: none"> • Campus counseling centers — Reach out to your campus counseling center to find out if they hold programs or advocacy events and help promote them. • Active Minds — activeminds.org Active Minds is changing the conversation about mental health. Chapters can be found on more than 550 college campuses. They have a variety of programming events and awareness activities. • Mental Health America — mhanational.org The group focuses on mental health education and advocacy at the policy level. Mental Health America has fact sheets that can be used for tabling events and hosts a variety of campaigns throughout the year. | <ul style="list-style-type: none"> • Mental health screening Share mental health screening sites (such as HelpYourselfHelpOthers.org or www.MentalHealthScreening.org) on social media. Facebook and Twitter are great places to spread mental health awareness. Additionally, work with your campus counseling to host a mental health screening event on campus. • Social media campaign By bringing awareness and promoting mental health on social media, we can help to break related stigmas. Promoting facts as well as personal stories are great ways to bring attention to the issues. • Create educational materials for children on mental health It is important to bring awareness to everyone, even children. Most mental health conversations do not start until children are in middle school or later. |

- **American Foundation for Suicide Prevention (AFSP) —**

afsp.org

The American Foundation for Suicide Prevention (AFSP) is a non-profit organization dedicated to saving lives and bringing hope to those affected by suicide. The AFSP has chapters in all 50 states. Its core strategies include providing educational programs for professionals, educating the public about mood disorders and suicide prevention, funding scientific research, offering programs and resources for survivors of suicide loss as well as people at risk and advocating for policies and legislation that affect suicide and prevention.

- **JED Foundation —**

jedfoundation.org

JED is a nonprofit that protects emotional health and prevents suicide for our nation's teens and young adults. It partners with high schools and colleges to strengthen students' mental health, substance misuse and suicide prevention programs and systems. It equips teens and young adults with the skills and knowledge to help themselves and each other through community awareness, understanding and action.

- **National Alliance on Mental Illness (NAMI) —**

nami.org

NAMI provides advocacy, education, support and public awareness so that individuals and families affected by mental illness can build better lives. The organization provides a variety of information along with some ideas for social media advocacy.

By having these hard conversations earlier in life, it can create a safe environment for children to express their mental health needs.

- **Volunteer at local offices**

Volunteer with local mental health awareness organizations. The National Alliance on Mental Illness is a great place to start. Hold an event to raise awareness for mental health, eating disorders, suicide prevention or anything your club can think of.

- **Promote wellness activities**

Encourage friends and family to eat healthy. Good nutrition can make a difference in how we feel. Healthy fats, carbohydrates and fruits and vegetables are all important. Additionally, promote physical activity even if it is just taking a walk.

- **Mental health Day posters**

Have club members create posters presenting information about a chosen mental health disorder. Make sure to focus on respect and knowledge in their approach. Language works to destigmatize the presented information instead of reinforcing inaccuracies and misunderstandings presented in pop culture. Get permission to post these posters around campus!

- **Letter writing**

Write to local officials advocating for support for mental health initiatives. This is something that can be done anytime of the year.

- **Stress less event**

activeminds.org/programs/stress-less-week/

Create an event with coloring sheets, stress ball making, key chain making or whatever other creative ideas you

- **National Eating Disorders Association (NEDA) —**

nationaleatingdisorders.org

NEDA supports individuals and families affected by eating disorders and serves as a catalyst for prevention, cures and access to quality care. Through their programs and services, NEDA raises awareness, builds communities of support and recovery, funds research and puts life-saving resources into the hands of those in need.

- **The Trevor Project —**

thetrevorproject.org

The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to LGBTQ+ people younger than 25. The Trevor Project accepts volunteers at their crisis intervention centers and online using their chat message system and phone lines to help LGBTQ youth who are struggling with depression, identity and suicide.

- **To Write Love on Her Arms -**

twloha.com

To Write Love on Her Arms is a non-profit organization that focuses on helping people struggling with depression, self-injury, addiction and suicide. They provide a variety of opportunities to support their cause both online and within your community.

can come up with! These types of events are great leading into mid-terms and finals.

- **Stress balls**

Use funnels to fill latex balloons with flour, rice, baking soda or cornstarch and tie them closed to make stress balls with your club. Donate your stress balls to a local community center or counseling office.

- **Volunteer at the Crisis Text Line**

crisistextline.org/become-a-volunteer/

Crisis counselors answer texts from people in crisis, helping people through active listening, collaborative problem solving and safety planning. Volunteers receive training and must commit 200 hours of service (approximately four hours per week for 50 weeks).