Peer-to-Peer Approaches to Mental Health Prevention and Early Intervention

Presented by:
Becky Fein, MPH, California Statewide Program Manager, Active Minds Inc.
Brenna Williams, Chapter President, Active Minds at UC Davis

Funded by counties through the voter-approved Mental Health Services Act (Prop. 63).
What is Active Minds?

Active Minds empowers students to change the perception about mental health on college campuses.
Students & Mental Health

• 75% of mental health conditions appear by age 24
• 67% of students tell a friend they are suicidal before telling anyone else
• Most students who are struggling are not getting the help that they need

Sources: Drum et al., 2009. New data on the nature of suicidal crises in college students: Shifting the paradigm.; The Global Burden of Diseases, Injuries, and Risk Factors Study 2010; Kessler et al., 2005. Lifetime prevalence and age-of-onset distributions of DSM-IV disorders in the National Comorbidity Survey Replication.; Rusch et al., 2012. Knowledge and Attitudes as Predictors of Intention to Seek Help for and Disclose a Mental Illness; Sontag-Padilla et al., 2013. CalMHSA Student Mental Health Campus-Wide Survey
Changing the Conversation

• Campus and community events
• Awareness Campaign Kits
• Online courses
• Student-led policy change on diverse campuses
• Mental Health First Aid Training
• Send Silence Packing
• Mental Health Unity Pledge
• And more…

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Today...

- 400+ chapters in 50 states, 17 countries, and The Commonwealth of Puerto Rico
- 10,000 chapter members, reaching 268,000 peers
- 2.3 million young people touched by Active Minds student-powered messaging in the last year

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Good mental health is necessary

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End the Silence

Each year 1,100 college students across the nation are taken by suicide.
End the Silence
Engaging UC Davis peers and broader Davis community

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“Four people in my life have died by suicide. The pain my community has felt is indescribable. Every so often, I wish they were here again. I wish I could see them smiling and hear their laughter, but I know I never will. I wish they got help when they needed. I wish they knew where to go for help.”
Active Minds at UC Davis

Active Minds Club is a chapter of a larger non-profit organization trying to reduce the stigma associated with suicide. The club is planning an event on April 27-28th where 1100 diplomas will be displayed on the West Quad to represent college students that take their own lives every year. 

Image from: Active Minds at UC Davis Facebook

UC Davis student organizations work to destigmatize suicide, mental illness on campus

500 balloons scattered across quad to raise mental health awareness | The Aggie

Nonexistent clear balloon representative of common mental health struggle on college campuses. On Tuesday, Jan. 12, nearly 500 colored balloons were...
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