

Mental Health & Wellness: Building a Better Tomorrow

Midwestern University Chicago College of Pharmacy

What We Did:

Objective:

The objective of our wellness events is to raise awareness about mental health, promote help seeking behaviors, and aid in communication to make a positive change.

Plan:

Our SSHP at Midwestern University partnered with the National Alliance of Mental Illness (NAMI) to provide a “Mental Health First Aid” session that introduces participants to vital risk factors and warning signs of mental health struggles. This session prepares students to interact with a patient in crisis and connecting them with the most appropriate help. We are also planning on holding a burnout panel where current residents come to speak about their tips to avoid burnout.

Outcome:

During the 8 hour Mental Health First Aid session, students were trained to identify, understand and respond to signs of mental illness. This course spells out a clear, five-step action plan to help individuals in crisis connect with the right professionals and peers. This type of support network provides the best chance to avert mental health crises and connect those in need to key resources, opening the door to a positive change. Mental health is an essential component of a strong emotional, psychological, and social well-being. By adopting these kinds of programs we can change procedures, break stigmas and impact the community in an amazing way.

What you can do:

- Contact programs geared towards advocating mental health like NAMI in your community
- Discuss with your advisors potential options in raising awareness about mental health
- Brainstorm other events geared towards wellness such as burnout panels
- Gain perspective from students on what they feel they struggle with most
- Tailor events to speak about the needs of the community
- Reinforce that mental health and wellness is something that needs to be talked about
- Obtain feedback from participants in order to improve future events
- Work on expansion of events focusing on mental health and wellness

Contact Information:

Questions? Contact MWU-CCP SSHP at ichpmwu@gmail.com