Peer-Based Mental Health Program Plan

What are the mental health support problems you’ve noticed on campus?

What gaps are there in current services & programs? (What is your university currently doing and how could it be improved upon?)

What type of measurable impact are you hoping to make? (e.g., decrease in wait times to access counseling services, decrease in crisis sessions, decreased suicidality) & How will you measure this?

What can you commit to? (e.g., amount of staff/student time, days/months/years, budget)

What is your program idea that will incorporate peer-based mental health support?

Who will you need to partner with? (e.g., Counseling Center, LGBTQ Resource Center, Residence Halls)

Are you interested in adding a Gatekeeper Training component, such as QPR (Question, Persuade Refer Suicide Prevention), ASIST (Applied Suicide Intervention Skills Training), or MHFA (Mental Health First Aid)? (It’s ok if you don’t know which training you’d like to incorporate.)
Will this be a student-led initiative like Active Minds or Wolverine Support Network (with staff as advisor but with students responsible for programming/activities?) OR Will this be a staff-led initiative like UCLA’s PAWS Program, Utah State Univ.’s REACH Peer, or Weber State University’s Wildcat Support Network?

Will this be an awareness campaign like Face the Stigma or Seize the Awkward?

What will be the challenges you anticipate? Budgets? Time? Resistance from campus community? Difficulty forming partnerships?