

Kickstart Your Wellness



***SHARE
*LEAD
*GROW**

**GAIN
REAL-WORLD
EXPERIENCE**

**BECOME A
MENTAL
HEALTH
ADVOCATE AND
STORYTELLER**

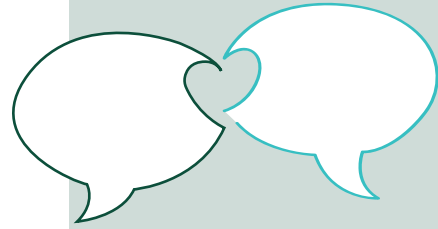
**JOIN THE
ENGAGE & HEAL
FOUNDATION**

**MISSION TO
BREAK THE
STIGMA OF
MENTAL
HEALTH**

**BECOME A
STUDENT
AMBASSADOR
TODAY**

**SCHOLARSHIPS
AVAILABLE FOR
LTISD STUDENTS**

Kickstart Your Wellness



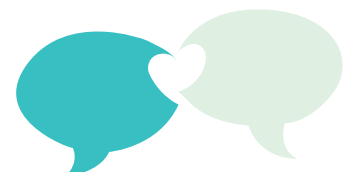
CALLING ALL STUDENTS! WE NEED YOU TO HELP BREAK THE STIGMA OF MENTAL HEALTH.

Gain real-world experience and be a mental health storyteller and leader for you, your friends, and our community. Become eligible for our annual Engage and Heal Foundation Student Ambassador scholarship.

Want to learn more? kickstart the conversation by emailing Amelia Floyd at info@engageandheal.org or calling/texting **(512) 215-0656**.

During this campaign, you'll receive special access to approved mental health literacy training to equip you with the tools to start conversations and help other students get the support they may be looking for. Once you've completed your training, you'll step forward as a mental health advocate in the community by:

- **Sharing your mental health moment**, journey, and advice via collaborative social media;
- **Writing an essay** for the foundation blog about mental health literacy and challenges;
- **Consulting with the Engage and Heal Foundation** as part of our first-ever Student Advisory Board to shape programming and content that today's students are looking for;
- **Posing engaging questions** and conversation starters on social media;
- **Participating in events** to showcase the importance of peer-to-peer messaging in breaking the stigma of mental health;
- **Being there.** The most important role of an Engage and Heal Foundation Student Ambassador is your willingness to be open and available to your fellow students so they know they have someone in the community who can listen and point them to the support they need.



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FOUNDATION