



Mental Health Education Student Assistant Spring 2024

Health Education Student Assistant, Mental Health

Working directly with the Mental Health Education Coordinator and fellow student leaders, you will assist and implement health education programs, events, and campaigns that spread awareness of various mental health topics. Focus topic areas are self-care, stress management, sleep promotion, and suicide prevention. The overall goal for mental health programming is to increase social support around mental health and mental health promotion in order to foster a community of caring, help seeking behavior, and a sense of belonging for SF State students.

What you will do:

Lead and/or assist in mental health programs that include (but are not limited to) Wags for Wellness, Self-Care Stations, Tea Time Out, Finals/Midterms Programming and others

Lead and/or assist in larger scale events like Fun Fest (HPW Team – September), National Suicide Prevention Week (September), Sleep Awareness Week (March), Stress Awareness Month (April), and Mental Health Awareness Month (May)

Facilitate mental health workshops for the campus community (student organizations, classroom presentations, staff and faculty, etc.)

Develop mental health education content and media such as campaigns, social media posts, videos, brochures, flyers, etc.

Assist with Active Minds, a student organization changing the conversation about mental health on campus (e.g. leadership support, liaison to HPW for collaborations)

Collaborate with others within Health Promotion & Wellness, as well as other campus partners on community organizing/building, training and outreach opportunities

What it takes to be successful in this role:

You want to shift culture on mental health, which honors diversity, inclusivity and cultural humility

You are committed to learning and growing personally and professionally

You are interested in running educational activities that build community

You enjoy speaking and presenting in front of a group/audience

You are organized, accountable, and are a good communicator (ex. email, phone etc.)

You take initiative and would like to develop your leadership skills

You work well in a team, as well as can work independently

You enjoy using and creating content for different types of media (ex. Video, social media, etc.)

You have a background, job or academic experience and passion in mental health, social justice and/or community-based work.

Nice to have (but not required): You are interested in bringing in your skills in the creative/expressive arts into this work. Experience or areas of study in mental health, psychology, public health/health education, ethnic studies, holistic health or related fields.