

**Stanford + Mental Health** seeks to improve mental health at Stanford by driving systemic and cultural change on campus and beyond through education and direct action. We work closely with our mental health professional advisors in the School of Medicine to educate our members so that they can work on innovative mental health projects that are safe, equitable and impactful.

**S+MH Chair:** David S. Lim

**S+MH Vice Chairs:** Emma Sanderson and Neil Singh **S+MH Board (9)**

**Policy + Mental Health** (3 students, to recruit ~10-15 in Winter) looks to address questions of mental health policy on campus, locally, and nationally. We are connecting students to research/advocacy projects with health policy researchers in FSI and have created a mental health policy fellowship with Stanford in Government for summer.

**CS + Mental Health** (7 students, to recruit ~10-15 in Winter) is a new initiative bringing together teams of students with researchers to develop and deploy cutting-edge mental healthcare technology in ongoing clinical trials. Last year we recruited 40 students to over 20 projects in the School of Medicine. We will recruit once again in the Winter.

**Campus + Mental Health** (5 students, to recruit ~5-10 in Winter) aims to pursue innovative projects that create a new model of campus wellness for colleges in the US through projects that affect Stanford students. We are working closely with other Stanford groups and our advisors. Currently, we are working on exploring a text-based peer counseling system in collaboration with a team at MIT and studying better ways to survey students on mental health issues (Understanding Stanford project)

**Service + Mental Health** (4 students, to recruit ~3-5 in Winter) works with local communities—especially youth and students—through organizations such as Haas Center for Public Service and the Center for Youth Mental Health and Wellbeing. We have been working on an event in collaboration with the CYMHAW and Haas Center where high schoolers will develop and launch their own mental health projects with expert help based on a similar event run at the American Psychiatric Association this year.

**Diversity in Mental Health** (recruiting ~3-5 in Winter) will be closely with our advisor to develop a project proposal. that works to expand the types of mental health support at Stanford for marginalized communities.

**S+MH Core (20):** Community Development; Campus Impact; Project Development, Advising and Recruitment Teams

#### **History of organization/issue area**

Stanford + Mental Health started off as CS + Mental Health last Winter and expanded to S+MH in the spring to provide opportunities to a broader range of students. We are built on the belief that anyone can contribute to improving mental health — regardless of their background and work to provide opportunities for a diverse range of students. Like our advisors, we have particular focus on projects that change the way mental health works and expanding beyond the limited mental health support system that we have. The vast majority of projects are initiated our advisors — though this year we plan on running 1-3 student based projects.

This quarter we have been focusing extensively on leadership development and education of our new members with a iThrive funded series of mental health professional speakers. Next quarter and through the year, we will be running a limited number of carefully selected projects. For example, we are running a pilot event in Service + MH that will serve as a model for future collaboration. The peer text counseling project is also a focus for us as such text based services are becoming accepted by the greater medical community as accepted. We would like to run a limited trial of that by the end of the spring.