

Community Engaged Learning and Research

- Partner with an organization such as Children & Families of Iowa to help analyze data (www.cfiowa.org/programs/mental-health/)
- Enroll in a class that combines coursework with field experiencing involving mental health such as SPED120 Intro to Special Education

When searching for classes in MyDusis, use the CEL Attribute

Community Organizing and Activism

- Join Active Minds, a student organization at Drake which works to raise awareness of and combat the stigma of mental illness
- Partner with Iowa Mental Health Advocacy to improve Iowans access to affordable mental health care (www.iamentalhealth.com)

Direct Service

- Volunteer with the NAMI (National Alliance on Mental Illness – www.namiiowa.org) hotline to provide support and services to those struggling with mental health, or Please Pass the Love, in Des Moines, to change the stigma of mental health in K-12 schools (www.pleasepasstheLove.org)

Mental Health

Philanthropy

- Commit to raising donations and participating in the NAMI Walk, to ensure programs and services are offered to all those who need them (www.namiiowa.org)

Policy and Governance

- Attend a political debate, forum, or town hall of your elected officials to discuss the depression and anxiety epidemic young people are facing today, and ask how they plan to help young people moving forward (www.usa.gov/elected-officials)

Social Entrepreneurship and Corporate Social Responsibility

- Consider purchasing products from a company like Johnson & Johnson. They house many internal employee resource groups and programs about mental health. The company has recruited over 1000 employees in 32 countries and trained more than 350 employees in Mental Health First Aid training