

# How To Start a Mental Health Club

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Creating a mental health club in school can provide a valuable support system for students, promote awareness about mental health, and foster a sense of community and non-judgemental open space reducing the stigma around this important topic. Here are some steps to help you get started:

- **Define your club's mission and objectives:** Determine the purpose of your mental health club. Are you aiming to raise awareness, provide support, or advocate for mental health issues? Clearly define your goals to guide your club's activities.
  - *Ex. This club provides a safe and inclusive environment for individuals to come together and support each other's mental health. We share educational resources, host motivational speakers, and engaging activities such as creating posters and bookmarks to uplift students in the school. The club promotes positivity and encourages mental health support and learning new coping strategies, creating a space for peers to connect and be inspired by guest speakers.*
- **Identify a Club Advisor/Supervisor:** Prior to seeking permission, it is common for schools to require students interested in starting a club to demonstrate potential member interest. Reach out to teachers, counselors, or other staff members via email or in person to inquire if they would be willing to serve as an advisor for the club. Their role would be to provide guidance and support to the club's activities.
- **Get permission from the school:** Inquire about the process of establishing a club at your school. Check with your Associated Student Body (ASB), Student Council, or relevant school staff to understand the requirements and procedures for creating a new club. They can provide guidance on the necessary paperwork, approvals, and any specific guidelines you need to follow.
- **Assemble a team & Establish club leadership:** Recruit students who are passionate about mental health and willing to dedicate their time to the club. Look for individuals with various skills and interests, as this will contribute to a well-rounded team. Appoint club officers, such as a president, vice president, secretary, and treasurer, to help manage the club's operations and ensure smooth functioning.
- **Determine meeting logistics:** Decide on a regular meeting schedule that works for the majority of club members. Find a suitable location where meetings can take place comfortably and the timings that work for the club advisory/supervisor.
- **Develop a club constitution:** Create a club constitution that outlines the purpose, structure, and guidelines for membership, officer roles, decision-making processes, and other relevant details. This document will serve as a reference point for the club's operations.
- **Promote your club:** Spread the word about your mental health club by creating posters, flyers, and announcements. Utilize various communication channels, such as social media platforms and school newsletters, to reach a wider audience.

- **Organize club activities:** Plan events and activities that align with your club's objectives. These may include mental health workshops, [guest speaker](#) sessions, peer support groups, or awareness campaigns. Collaborate with other clubs, organizations, or local mental health professionals to maximize the impact of your initiatives.
- **Partner with school resources:** Establish connections with school counselors, psychologists, or mental health services to collaborate on projects or seek guidance on organizing events. Utilize their expertise and resources to enhance the club's effectiveness.
- **Provide ongoing support:** Foster a safe and supportive environment within the club. Encourage open discussions, active listening, and empathy among members. Consider offering resources, such as mental health information, helpline numbers, or self-care tips, to support the well-being of club members.
- **(Optional) Seek association with Work2BeWell:** Work2BeWell ([work2bewell.org](http://work2bewell.org)) is an organization focused on youth mental health and well-being. Explore the possibility of creating a club with their association or partnering with them for resources, guidance, and support. Reach out to their representatives to discuss potential collaborations and access materials or training they may offer.

Remember, starting a mental health club requires dedication, teamwork, and a commitment to supporting the well-being of your fellow students. By creating such a club, you can contribute to a positive and inclusive school environment that values mental health.

*Questions or comment? Email me at [info@taanvi.us](mailto:info@taanvi.us)*