

# MechSE WELLness

## M01 Mental Health Promotion

**Intent: Promote mental health and well-being through a commitment to mental health education, programming, and initiatives.**

We understand, perhaps in a very personal way, the importance of maintaining optimal mental health despite continuous challenges. However, recent data indicates that 19% of all adults, or 1 in 5, is affected by a mental health challenge. Unfortunately, those suffering do not seek help perhaps due to stigma or lack of support. The work place can help by enhancing mental health literacy, increasing support and reduction of stigma, and promoting strategies and resources to help all achieve success.

**Impact: Normalizing the discussion of mental health can relieve stigma associated with mental health, enhance mental health knowledge, and better support a mentally healthy environment.**

### **What are the requirements to earn this credit?**

1. Offer three tailored mental health promotional programs or initiatives.
2. Promote availability of mental health support via email reminders, posters, corridor TVs, etc.
3. Offer education and resources regards mental health and strategies for success.
4. Provide contact information for local health and well-being orgs, self-help groups, and help/crisis lines.

### **How is MechSE accomplishing these requirements?**

Our University cares deeply about each person on campus and wants all who join to achieve success. Various programs and professional services are offered on a continuous basis. MechSE will minimally promote these free resources and programs via emails, posters, and other means, and help remove the stigma associated with pursuing our optimal mental fitness.

