

Members of College,

I joined TCMHI as a member-at-large for the 2016-2017 academic year, and have since been incredibly proud to be apart of this hard-working team. TCMHI has made lasting impacts within Trinity by raising awareness surrounding mental health resources, and normalizing mental illnesses. To further contribute to TCMHI's progress and strengthen its presence within Trinity would be a role I would be grateful to fill.



As Co-President, I would aim to work closely with Trinity administration to **develop mental health resources that are applicable to the common needs of students**; i.e. **providing documents that guide students of how to appropriately request academic extensions in times of unmanageable stress**. Furthermore, I would publicize these resources continuously via Facebook and Trin email, **including weekly reminders of Trinity's health and wellness office hours**. I also hope to continue running TCMHI's Art-Attack de-stressers and panels, while expanding these events to **foster discussions surrounding topics of mental health between peers**. Instigating formal and informal discussions surrounding mental health is a small way to make big changes, and I believe these events are the right place to start.

Experience as Communications Coordinator of the NRAC Exec, Sponsorship Director of O-Week, and Deco-Coordinator of Conversat have helped me develop strong leadership skills that will assist me in ensuring that TCMHI operates with diligence and attentiveness. As many of our recently elected heads have placed mental health awareness at the forefront of their campaigns, TCMHI holds great prospects in the future to make lasting impacts regarding how Trinity handles mental health. In tandem with my peers, Trinity clubs, the heads team, and Trinity administration, **I hope to sustain TCMHI as an initiative upheld by collective opinions, allowing it to serve the diverse needs of our college.**

Billie Rose Owen