Members of College,

My name is Syndi, and I'm running for the position of Co-President of the Trinity College Mental Health Initiative (TCMHI).

Alongside a team of passionate individuals, I helped found TCMHI at the end of my first year (2014-2015). I have since served as Treasurer for the initiative, pushing for a student levy to recognize the importance of advocacy for and de-stigmatization of mental illness. In the first semester of 2015, TCMHI received $48. By 2016, TCMHI was recognized as a levied-club, receiving $800 for the year. Pushing for this levy has ensured TCMHI a voice and place at Trinity College. But there is still a long way to go.

Having been apart of TCMHI's progress since the start, I am passionate about exploring where this initiative can improve. Here are some goals I have for next year:

- Hosting an AGM/online forum early next year to hear from students with other ideas/recommendations/criticisms of TCMHI (calling for additional resources, speakers, workshops, etc.)
- Ensuring information on available mental health resources is available to Trinity students (e.g. Frosh Week packets, Facebook pages, Trin-wide email)
- Working more closely with the incoming Heads Team
- Working with the administration to improve mental health policy and procedure that affects students
- Continuing the events already established: RBC Run for the Kids, Mindfest, Bell Lets Talk Day, and the Mental Health Panel

While I feel TCMHI has done some important work in facilitating dialogue on mental health around Trin, there is room for improvement. Involving more students in deciding where their funding goes will be hopefully be a step in the right direction.

Syndi Li Walton