

# RACHEL CLARK

FOR SECRETARY OF TCMHI

Members of College,

Hi! My name is Rachel Clark and I am running for the position of Secretary of the Trinity College Mental Health Initiative.

At the end of my first year, a group of passionate students and I founded the TCMHI. We were shocked at not only the lack of mental health resources available to students at Trin, but also the lack of discussion about community wellness in general. We decided to start an initiative to foster positive conversation about mental health and work with the administration to advocate on behalf of students. In my second year, I served as TCMHI's first secretary, where I had the opportunity to plan and promote events that raise awareness about an issue that I truly believe in. In addition to my involvement with the TCMHI, I also have experience communicating with the administration to advocate for student mental health. This is extremely valuable when working with the administration to improve wellness resources at the college.

It makes me proud to see how far the TCMHI has come in 2 years, but there is always room to improve!

Met'Agona,

*Rachel*

## GOALS FOR NEXT YEAR:

1

Working with the incoming Heads team to run wellness events

2

Increased promotion of TCMHI events through a strong social media presence and a ListServ email list

3

Make information about mental health resources more accessible, starting with Frosh Week

