

Cassandra Geisel - Co-President of TCMHI

Members of College,

My name is Cassandra and I am running to be the Co-President of the Trinity College Mental Health Initiative (TCMHI). In first year, I was in awe of the number of clubs/initiatives/etc., but I was also shocked at the lack of a mental health initiative. I was lucky to find some like-minded individuals at Trin who shared my passion for mental well-being, and together we co-founded the TCMHI. So far, the initiative has grown from being granted \$48 in its inaugural year to being a levied club with much to be proud of.

As co-president, I would ensure the Initiative has more of a direct relationship with students and is as receptive as possible. I would like to create an anonymous online comment submission to ensure the Initiative is catering to what people actually want/expect of us.

Mental health happens all the time, every day. Everyone should feel like they are part of a safe community, where it is easy to find support. I plan to do this in various ways such as workshops, panels and working closely with administration, the embedded counsellor and the incoming head's team. I hope to make the TCMHI an approachable resource for students living on and off campus.

I believe I am a good fit for the position as I have successfully been a part of the founding of two student run groups surrounding mental health, I volunteer with Partners for Mental Health, and at the end of the day, this is something extremely important to me.

Cassandra Geisel

