

You Mean More - Moving Minds Initiative Group Bio



You Mean More

Founded in 2011, You Mean More (YMM) is UC Berkeley's First Mental Health Awareness and Suicide Prevention Group. The club aims to offer a safe space through which members can participate in increasing awareness, support, and prevention resources for the prevalent issues of mental health of campus. YMM hosts the Out of Darkness Campus Walk every spring to engage fellow students in the fight against suicide, as well as the Mental Health Monologues every fall to provide a safe space for speakers to share their personal experiences with mental health issues. Proceeds from both events — totaling approximately \$20,000 per year — are donated to the American Foundation for Suicide Prevention (AFSP) to promote local and national efforts for suicide prevention.

Moving Minds Initiative

Moving Minds Initiative is part of the outreach team of YMM. Our mission is to provide research-supported, contact based mental health education programs to students in Bay Area high schools. We aim to reduce prevalent stigmas surrounding mental health in the student population and empower students to recognize warning signs of suicide and mental illness in themselves and their peers.

MMI successfully applied for a \$33,700 grant from UCB's student Wellness Fees and is now working closely with University Health Services to provide and promote Kognito Simulation for At-Risk College Students, an online mental health education program, to the entire campus population.

Presenters - Joshua Levy, Leah Huang, Kimberly Nielsen, Grace Yoo, Julia Kulewicz, Billal Ahmed, Sarah Levy, Nir Mate-Solomon

Our *Moving Minds* presenters are members of the *You Mean More* student club at UC Berkeley and have had extensive training and immersion in topics surrounding mental health and suicide prevention. This select group of students from our club have had additional education in the following areas:

- Crisis and text line certified counselors (Crisis Support Services of Alameda County/ Crisis Text Line)
- QPR Trained
- Mental Health First Aid Trained
- “Talk Saves Lives” and “More Than Sad” presenter training and certification by AFSP

References

Ryan Ayers, *Northern California Area Director of AFSP*

Email: RAyers@afsp.org

Michelle Fortunado LCSW, *Board Member, Education Committee, Greater SF Bay Area Chapter, AFSP*

Email: mfortunado@gmail.com

Mary Ojakian RN, *Parent Advocate, Board Member, Education Committee, Greater SF Bay Area Chapter, AFSP*

Email: ojakian@comcast.net