

I am interested in running for a position that serves mental health because as a future health care professional, advocating and creating awareness for mental health matters is just as important as treating them. Mental health is not just important for overall well being, but also for physical health, quality of life, productivity and success, as well as for building personal relationships. Taking care of our mental health is crucial for promoting positive outcomes and creating a healthier and more inclusive campus and society. Improving mental health on a college campus requires a holistic approach that involves creating a supportive campus environment, providing access to mental health resources, promoting healthy lifestyle choices, and promoting self care and self love. By prioritizing mental health and wellbeing on campus, we can create a more inclusive environment for students.

As a pharmacy student I am trained to promote mental health with expertise in medications, counseling skills, and accessibility in community and clinical settings to provide support, education, and medication management to individuals with mental health conditions. We are also trained to collaborate with other healthcare professionals to contribute to comprehensive care for patients and families with mental health needs. Specific things that a pharmacist can do may include providing information and resources on healthy lifestyle choices, stress management techniques, and mental health awareness campaigns. We can also participate in community outreach programs and mental health advocacy efforts to raise awareness and reduce stigma surrounding mental health.

Some things that I have personally done to promote mental health on campus include being involved with the Iowa City Free Mental Health Clinic. This clinic is fully led by students from the college of medicine, pharmacy school, and school of social work. We provide transition care like diagnostic evaluations, therapy and counseling referrals, and medication management to address gaps in mental health for underserved populations. We provide care to patients who may be un- or under-insured, patients on waitlists for primary care, newcomers to Iowa City who may not have a primary care provider yet, and others in need. I have also volunteered with the organization ActiveMinds for their national campaign Send Silence Packing. This campaign travels the country to end the silence that surrounds mental health suicide to connect people with resources for support and action. They also inspire action for suicide prevention through education and advocacy.

In conclusion, as a pharmacy student with a passion for mental health, I am deeply interested in addressing the needs of our campus by promoting mental well-being. My education in pharmacy has provided me with a solid foundation in medication management, patient counseling, and preventative care and I am committed to using these skills to contribute to mental health. Furthermore, my experience volunteering for mental health organizations has given me a firsthand understanding of the importance of access to mental health and the impact it can have on individuals in communities. I am excited about the opportunity to be part of the Graduate and Professional Student Government and eager to contribute in any way I can.