



Building Awareness of Mental Health through Communication Tools - Internship

Mission: To engage and influence youth audiences to aspire to their optimal well-being.

Objective: Interns will

1. Research evidence-based mental health tools/resources and share them with youth via social media platforms.
2. The interns will create a space for youth to engage in mental health conversations to validate their voices and empower them with tools.

Goals: The youth audience will gain knowledge about crucial practices to live a healthier lifestyle.

- Engage the audience in enhancing well-being through healthy eating, mindfulness, and fitness.
- Engage the audience in topics of mental health discussion and/or provide evidence-based information.
- Interns will work closely with Access Health's Outreach Youth Liaison (Y. L) /Social Media Influencer (S.M. I.).
- Interns can work remotely and meet with the Outreach Y. L / S.M.I once a week and as needed.
- Both interns and Outreach Y. L / S.M.I will work together and plan the information that will be shared via social media platforms (videos and/or information).

In Partnership with

