



# BE A MENTAL HEALTH ADVOCATE.

Become a CAPS Student Ambassador.

**APPLY TODAY!**

**Applications due by March 20**

CAPS Student Ambassadors help reduce the stigma associated with seeking mental health resources & services by raising awareness and engaging students through outreach initiatives & events.



# PRIMARY RESPONSIBILITIES

- Educate campus community about CAPS' mental health resources and programs.
- Promote the importance of mental wellness.
- Address and reduce negative stigmas associated around seeking mental health resources.
- Participate in planning, promoting and implementing various CAPS outreach events and initiatives that focus on awareness and prevention of mental illness, especially suicide and depression.
- Deliver presentations to various groups, classes and other public settings.
- Staff CAPS information tables at various informational events.

# TIME COMMITMENT

- Attend the mandatory weekend retreat (the weekend before start of classes).
- Attend weekly member meetings: Every Wednesday at 5 p.m. (during Fall/Spring semester only).
- Be available for 2- 4 hours each week for various ambassador responsibilities. Subject to change.
- Have flexibility in schedule to engage in various outreach activities, such as providing presentations, hosting CAPS information tables and other outreach initiatives.

# MINIMUM REQUIREMENTS

- Make at least a two-semester commitment as an Ambassador.
- Have and maintain a 2.75 GPA.
- Regularly attend Ambassador meetings, retreats, and all trainings.
- Participate in at least two (2) outreach-based activities during first semester as ambassador.
- Participate in four (4) outreach-based activities per semester to maintain ambassador status.

**For more information or to apply, visit [health.uark.edu/mental-health/ambassadors](https://health.uark.edu/mental-health/ambassadors).**

