

SAY IT
BRAVE
ON CAMPUS

**MENTAL
WELLNESS
AWARENESS
MONTH**

Event and
Resource Kit



Eating
Recovery
Center



Pathlight
Mood &
Anxiety
Center

CONTENTS

Hosting and Organizing a Say It Brave on Campus Series Event.....3

Watch Party Tip Sheet4

Post-Watch Party Discussion Questions6



Hosting and Organizing a Say It Brave on Campus Series Event

Say It Brave on Campus is a free, stigma-ending storytelling series that tackles the uncertainties and complexities of mental health with real conversations and resources for students and campus professionals. Join us during Suicide Prevention Awareness Month, World Mental Health Day, National Mental Wellness Awareness Month and Eating Disorders Awareness Week to:

- Share and hear lived experiences on loneliness, anxiety, depression and eating disorders
- Learn how to host watch parties, panel discussions and awareness activities at your school using our free Say It Brave event kits
- Gain invaluable resources for yourself, teammates and friends from leading national nonprofit organizations and mental health advocates

Organizing a campus event can be challenging! To make planning and executing your event easier, Say It Brave on Campus has provided this kit with everything needed to host a successful campus event. These resources include:

- 1 Watch Party Tip Sheet**
For student organizations, athletic departments, residence hall advisors and/or counseling and health center staff, this list provides tips for planning an event on campus.
- 2 Post-Watch Party Discussion Questions**
We provide sample discussion questions for post-watch party panel discussions, in addition to answers and resources for the facilitators.
- 3 Resources**
We provide a list of resources so that watch party and event attendees can get more information - virtually or in-person - about the nonprofits involved, seek support from organizations and learn more about the topic discussed.

Watch Party Tip Sheet

There are several components to creating a successful, engaging watch party for the Say It Brave on Campus series. We provide tips on each of the following areas: space, setup, campus support, post-watch party discussion panel and getting the word out.

TIP 1

Begin with identifying a space today, as campus space books up quickly. Look for a space that will provide the following:

- Accommodation for approximately 25-50 people (larger if you anticipate more people).
- A large screen with AV setup and Wi-Fi.
- Seating that allows easy viewing of the screen and conversation after the event (e.g., a lecture hall with room for a panel to set up in front or a ballroom with table rounds).
- If you want to provide refreshments or food, look for a space that accommodates this.

TIP 2

Congratulations, you've identified a space! Now let's consider how to set up that space for the best possible event.

- Identify an area for student and campus organizations to set up resource tables (e.g., Morgan's Message chapters, Active Minds chapters, Counseling Center, LGBTQ+ Resource Center, Multicultural Center, Women's Center, Campus Suicide Prevention Center).
- Select an area for your post-event panel to set up.
- If you're serving refreshments, identify a good space for the food – ideally, after the resource tables to encourage students to walk by the resource tables first.
- Post signs outside the room to assist participants in finding the space and make sure signs are inviting.

TIP 3

While the goal of these events is to raise awareness and destigmatize mental health conditions, it's important to consider that these can be highly sensitive topics. Be sure to enlist campus support personnel to be present to talk with any students who may need additional support and to serve on the post-event panel.

- Identify campus support departments to be represented at your event. We encourage you to enlist counseling center staff, health center staff, residence hall advisors and/or athletic support staff.
- Invite campus support personnel to set up resource tables at the event and serve as panelists at the post-event discussion.
- Include campus support resources in any flyers or materials that you provide to students who attend the watch party.

TIP 4

Say It Brave on Campus events are designed to stimulate discussion, interest and questions. Plan a post-event panel to lead a discussion with students following the presentation. Consider inviting the following individuals to be part of the discussion:

- A campus support staff member to answer sensitive questions and guide the discussion.
- Mental health student organization leaders (e.g., Morgan's Message, Active Minds, The Hidden Opponent) to contribute their perspectives.
- Students, faculty or staff with lived experience to share their insights.

TIP 5

You've planned a great campus event! Use the following tips to get the word out to students:

- Get approval from your campus to post event flyers in public spaces across campus (e.g., dorms, student unions, academic departments, library).
- Share on your websites and social media channels.
- Encourage campus organizations and departments to share on their websites and social media channels.
- Enlist campus departments such as Greek life or residence hall advisors to incentivize attendance by giving students points or some type of credit.
- Ask campus professors/departments to provide extra credit to students who attend (e.g., psychology, sociology, health sciences, counseling).

TIP 6

Get to know the departments and organizations that support mental health and wellness on campus and in your local community. Add them to the resource list.

- Campus Departments:
- Campus Organizations:
- Community Organizations:

Our team is here to help you every step of the way. If you need support or have any questions in regard to Say It Brave on Campus watch parties, please email SayItBrave@ERCPATHLIGHT.COM.

Post-Watch Party Discussion Questions



To keep the conversation going, ask watch party participants to stay after the presentation for a post-watch party discussion. Invite campus support personnel, student organization leaders and individuals with lived experience to be part of a panel discussion. Use the following questions to guide an informative and engaging conversation.

1 If someone comes to you and expresses that they are struggling with disordered eating or an eating disorder, how do you take care of yourself while helping them?

- Be a supportive listener, avoid giving advice and direct them to professionals who can help. If possible, walk with them to the counseling center for support.
- Seek support for yourself from the counseling center, talk to supportive individuals in your life, and educate yourself about eating disorders and community resources.

2 How have you personally been impacted by body image messages in the media?

- Guide a supportive conversation and if the conversation gets too intense ask a campus mental health provider to step in.

3 How do you take care of yourself when you're feeling down?

- Guide a constructive conversation to elicit stress reduction techniques, self-care strategies, etc.
- Avoid topics that relate to other mental health issues (e.g., substance use, eating disorder behaviors).

4 Which community or campus resources have you found to be the most supportive?

- Start a conversation about all of the resources available on campus and in the community.
- Use the resource guide as a starter to get the conversation going.

5

Which student organizations on campus challenge diet culture and raise mental health awareness?

- Create a list of student organizations on your campus that challenge mental health stigma to share with the students in attendance.
- Ask what is missing and how you can create an organization that addresses what is missing on your campus.

5

What are some strategies to ensure that momentum created by events like this continues, leading to lasting change in how we approach and support mental health?

- Develop a constructive conversation that highlights stress reduction techniques, self-care strategies, etc.

GET ADDITIONAL RESOURCES FOR YOU, YOUR FRIENDS AND FELLOW STUDENTS



Learn more about **weight stigma**



Learn more about **Say It Brave on Campus**



Learn more about **ANAD**

