

# NEXUS MENTAL HEALTH HUB FOR SCHOOLS

## Calling all passionate young minds!

Are you a youth who cares about mental health? Join the Nexus Youth Ambassadors program and become a champion for your peers' well-being.

### Make a Difference:

- Bring Nexus: Mental Health Hub for Schools directly to your classroom, school, or district.
- Share your voice! Submit a blog post or peer story about mental health experiences.

### Be Rewarded:

There are prizes for participating in the program!

### Ready to Get Started?

Fill out this [short Google Form](https://forms.gle/KnGD7idouvLhDSiE7) <<https://forms.gle/KnGD7idouvLhDSiE7>> to learn more about:

- Bringing Nexus to your school
- Sharing your story through blogs or peer stories

### Get Inspired:

We've included examples of past blogs and peer stories, but feel free to express yourself however you feel most comfortable – short, long, creative – it's all up to you!

### Questions?

Contact us at [info@taanvi.us](mailto:info@taanvi.us) for more information.



## Examples:

### PEER STORIES

Feel free to share any part of your personal story or emotions you've experienced. Share anything you feel comfortable with, so others can relate and connect. You can choose to remain anonymous or sign with your initials/your name. Remember, sharing your story or an emotion you faced, no matter what it is, can help someone else feel less isolated. You can share it through audio, video, or written, whichever you are most comfortable with.

Below are is an example:

I'm one of those kids who saw the peer stories opportunity and thought I would never do it.

And, well, here we are.

The facts: I have anxiety,

Yeah, that's it. I don't face any dramatic, heart-stopping challenges that would make America's Got Talent. The stories that will surely be submitted alongside this one. I don't receive therapy or medication, and I don't need either.

It's okay not to be okay, but I am okay.

Honestly, that's where I think a few stigmas around mental health come from. My problems aren't big enough to warrant serious help and they are not enough to be acknowledged. I don't deserve to call a help line or use a real mental health resource.

If I'm wrong, sorry for the misconception. But I have my fingers crossed this story resonates just a little. To those people that (hopefully) exist, hi, I love your shoes!

Secondly, even the smallest problems (breaking a really nicely sharpened pencil, mistake during a group presentation) to the medium problems (homework, missing someone, upcoming school stuff) to the really big problems (cancer, bullying, addiction) and everything between, around and completely outside, you deserve acknowledgement and help even if it feels really small and dumb. Because addressing small problems helps them from spiraling into even bigger issues, and you deserve to be as happy as possible.

Now let's see if I can ever convince myself of that.

- **Anonymous**

### BLOG

You can post a blog about mental health and the mind on any topic that catches your interest, regardless of its length. Whether you sign your name, remain anonymous, or use your initials is completely up to you.

These are some examples: <https://nsd.nexusforschools.com/blog>