

## #StigmaFree

- I. Summary
  - a. One of initiatives introduced to the university by President William A. Covino & Dr. Debbie Covino is Mind Matters, which provides resources and programs to help students navigate the demands of academic excellence, family responsibilities, and jobs. There are many students on campus that develop anxiety, experience sleep deprivation, etc. and that in turn negatively affect their mental health. In addition, many students do not reach out for help although many resources are present to assist. The reason for that is the stigma that is associated with mental health, something we aim to shed light on to change the narrative. Therefore, #StigmaFree would help to advocate and inform about mental health issues, as well as bringing forth the positive aspects of using the resources on campus.
- II. Objective
  - a. As the Rongxiang Xu College of Health & Human Services Representatives, we believe that it is important for students to engage in conversation about mental well-being. Being demonstrated ways in which they can identify signs and barriers in mental health care can show students the importance of reaching out for help early. Thus, having activities and presentations can expand a student's knowledge and educate them with regards to their own well-being.
- III. Mission
  - a. #StigmaFree is an event to inform students about mental health issues and encourages discussion to reduce stigma.
- IV. Description
  - a. We are requesting funding to be able to provide students with an event and opportunity to engage in activities, discussions, and an overall environment that presents mental health as an open topic of conversation as well as advocates its acceptance.
- V. Management
  - a. NAMI, Dylan Gunarante, Virginia Serrano & Evelyn Ramos
  - b. ASI, Ashley, Jocelyn & Candy
    - i. Contribute funding to bring additional programming to the event.
- VI. Marketing
  - a. Social media will be used, as well as, flyers distributed, emails, an article through the University Times and Golden Eagle Radio promotion.
- VII. Budget
  - a. Event Programing (Golden Eagle Radio, decoration, food trucks, etc.)
    - i. \$700
- VIII. Guidelines
  - a. N/A
- IX. Criteria
  - a. Cal State LA students will benefit from this proposal because it will bring awareness towards mental health wellness and supports the Mind Matters Initiative for the university.
- X. Survey
  - a. No Survey provided

XI. Contact Information

1. Candy Noriega – [asihhsr1@calstatela.edu](mailto:asihhsr1@calstatela.edu) – 323-343-4778
2. Jocelyn Vargas – [asihhsr2@calstatela.edu](mailto:asihhsr2@calstatela.edu) – 323-343-4778