



Campus Health Services

NAU Counseling Services

Mental Health Support Squad

Scope of Care

The Mental Health Support Squad (MHSS) program at Northern Arizona University (NAU) Counseling Services (CS) offers peer-based and peer-focused mental health education, outreach, and advocacy to the currently enrolled undergraduate and graduate student population of NAU at the Flagstaff campus, statewide sites, and those studying via NAU online.

MHSS peer mentors are students trained to provide guidance, support, and resources, as well as a safe space to share mental health concerns as an opportunity to foster connections that may lead to an improvement in overall mental health. MHSS peer mentors are not licensed or clinically trained therapists or caregivers and do not provide diagnosis or treatment for specific mental health needs.

The information shared by mentees during meetings with a peer mentor is confidential and will not be disclosed to anyone without the permission of the mentee. However, there are limitations to confidentiality in the mentorship relationship that are outlined for both mentors and mentees upon assignment. In the case of specific disclosures that rise to an elevated level of concern, an immediate referral to CS from the peer mentor is required.

While the MHSS exists as an inclusive program wherein all students are invited to participate and receive services, there are limitations to the breadth of support peer mentors are eligible to offer. Students who report diagnoses or challenges including, but not limited to the following, will not be eligible for participation in the MHSS program:

- Active suicidal ideation and/or risk that requires professional mental health services and/or resources
- Certain diagnoses with unmanaged symptoms that are interfering with an individual's functioning for which they are not currently in treatment
- Intensive eating disorder concerns