Mental Health Support Squad

CONTACT US:
Support.Squad@nau.edu (General Inquiries)
nau.edu/support-squad

HOW TO GET INVOLVED

- One-on-One Mentorship: Complete an interest form on the MHSS website, meet with the program manager for a consultation, and be matched with a mentor. Mentorship is available in English and Spanish.

- Support Group: Beginning September 13, 2022, drop-in to any support group meeting Tuesdays from 5:30-6:30 PM in the HLC, room 3107 and Thursdays from 5:30-6:30 PM on Zoom (link on our website).

- Wellness Workshops: Check our website often for workshop announcements and details.

ABOUT THE PROGRAM

- Group of undergraduate and graduate students who offer mental health support, education, outreach, and advocacy.

- One-on-one mentorship, a twice weekly drop-in general mental health support group (student facilitated), and wellness workshops are open to all NAU students from any NAU campus.

- Housed in and supervised by NAU Counseling Services.

ONE-ON-ONE PEER MENTORSHIP

PEER MENTAL HEALTH SUPPORT GROUP

WELLNESS WORKSHOPS