

Mental Health Support Squad



ONE-ON-ONE PEER MENTORSHIP



PEER MENTAL HEALTH SUPPORT GROUP



WELLNESS WORKSHOPS

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.

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.

CONTACT US:

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

NAU NORTHERN ARIZONA UNIVERSITY

Counseling Services