

Enactus MWA

The Mental Wellness Ambassador Program is a nationwide initiative led by Enactus Canada and supported by Co-operators,

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Sohaib Syed Mohammad

Manager, Programs, Enactus Canada / Responsable des programmes, Enactus Canada

that empowers student leaders to champion mental health on their campuses.

Text on Screen

Tanner

Mental Wellness Ambassador / Ambassadeur du bien-être mental

In today's society, there is a huge stigma around mental health and being able to access and ask for supports.

Text on Screen

David

Mental Wellness Ambassador / Ambassadeur du bien-être mental

Mental health is as important as physical health.

Text on Screen

Paula

Mental Wellness Ambassador / Ambassadrice du bien-être mental

I come from a culture and a background where talking about your struggles is not really a normal thing. It's not that it's a taboo back in my country, but people don't really know what to say, how to react, or how to like, comfort you when you're struggling. So I decided to be that person. I want to become that woman that I didn't have when I was growing up. In this program, we select student leaders and train them to support mental health. They host wellness events and provide peer to peer support. You make so many friends, you learn so many different things. And it's just amazing to be, not only part of the community, but part of a movement where you actually help people become a better version of themselves. I wanted to be part of something that creates, you know, a supportive environment where students can ask for help and just support one another.

In future, we want to expand this program further. We want to provide more support to our mental wellness ambassador through training, through funding, through partnerships, where they can truly feel empowered when they go to their communities, and truly serve, the people on their campuses.

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Catherine Fowler

President and CEO, Enactus Canada / Président et directeur général, Enactus Canada

Enactus Canada is hoping to expand from 76 campuses to 100 campuses and double the number of students we have involved in our program, and simply by virtue of that, we're going to be helping so many more students together develop mental wellness capacities.

Text on Screen

Clara

Mental Wellness Ambassador / Ambassadrice du bien-être mental

A lot of people say, but I think it's so true, especially as someone myself who has, you know, dealt with mental health issues. Just remind yourself that you're not alone, like there's other people going through that as well. Many people care, and there are a lot of resources out there, you know, to help.

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Abigail

Mental Wellness Ambassador / Ambassadrice du bien-être mental

If a student came up to me and they were asking about the Mental Wellness Ambassador and if they wanted to join it, absolutely, I would recommend it.

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Co-operators

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