UNC boasts multiple student groups working to reduce mental health stigma and increase awareness of mental health impacts. We encourage you to consider getting involved with any of these organizations!

**Active Minds at Carolina** [1]: Works to increase students’ awareness of mental health conditions, provide information and resources regarding mental health and mental illness, encourage students to seek help as soon as it is needed, and serve as liaison between students and the mental health community through campus-wide events and national programs. Offers **Companions to CAPS** [2] which allows students to have companion walk with them to CAPS if they feel uncomfortable doing it on their own.

**Beta Nu Theta Service Fraternity** [3]: Black, co-ed fraternity that provides a safe space for mind health and wellness for African-American students on campus.

**Campaign to Change Direction** [4]: A national movement to change the culture in America about mental health, mental illness, and wellness.

**Embody Carolina** [5]: A Campus Y committee focused on eating disorders. Offers trainings to students on identifying and supporting someone struggling with an eating disorder.

**Healthy Heels Ambassadors** [6]: A student organization focused on holistic health and wellness, including mental health. Run out of Student Wellness in collaboration with Campus Heath and CAPS.

**Mental Health Ambassadors** [7]: An emerging student group planning to offer mental health first aid training to students.

**NAMI at UNC** [8]: NAMI On Campus is a nationally recognized organization that promotes education, advocacy, and awareness for people living with mental illness as well as their friends and family members. This is the UNC chapter.
**Project Dinah** [9]: A student org seeking to end sexual assault and interpersonal violence on campus and in the community through empowerment, education, and advocacy. Hosts events around campus to reach this aim.

**Rethink: Psychiatric Illness** [10]: A Campus Y committee working to change the way we think and talk about mental illness. Organizes events to foster understanding and raise awareness about our current mental health system. Offers a student-led sensitization training to help students learn the basics about mental illness, resources at UNC, and how to be an affirming friend and peer.

**Veteran Student Organizations** [11]: A list of student organizations to provide connect student veterans and their families with each other and with UNC services.

*Image from Beta Nu Theta Service Fraternity*

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**Source URL:** [https://caps.unc.edu/services/outreach/students-supporting-students](https://caps.unc.edu/services/outreach/students-supporting-students)

**Links:**

[1] [http://activeminds.web.unc.edu/](http://activeminds.web.unc.edu/)
[3] [https://www.betanutheta.com/](https://www.betanutheta.com/)
[6] [https://healthyheels.org/healthy-heels-ambassadors/](https://healthyheels.org/healthy-heels-ambassadors/)
[7] [https://uncstudentorgs.campuslabs.com/engage/organization/mha](https://uncstudentorgs.campuslabs.com/engage/organization/mha)
[8] [https://heellife.unc.edu/organization/nami-unc-ch](https://heellife.unc.edu/organization/nami-unc-ch)
[9] [http://projectdinah.web.unc.edu/](http://projectdinah.web.unc.edu/)