

Students Supporting Students



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.

[Carolina Recovery Group](#) [4] - Substance-free support for students recovering from addiction

[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.

[HHA](#) [6]: A student organization focused on holistic health and wellness, including mental health. Run out of Student Wellness.

[H-GAPS \(Helping Give Away Psychological Science\)](#) [7]: Bridges gaps between

students, clinicians, researchers and the public by creating and spreading accessible and free resources. Founded by two UNC professors.

We are SAATH ^[8]- Social justice movement to sensitize Indian-Americans to mental health challenges while providing hope and support to those affected.

Mental Health Ambassadors: ^[9] promote conversation around mental health, destigmatize mental illness, facilitate support networks, and present educative programming on the campus of UNC Chapel Hill. Coordinates the **Peer 2 Peer** program to connect students with Peer Responders who also have lived experiences of mental health and the **UNC Wellness Network**, a group peer-based support network that will have trained facilitators leading weekly peer-support groups. Contact unc.mha@gmail.com ^[10]

Mind Above Matter ^[11] - aggregates all of UNC's mental health resources in one place.

Student Organization Peer Initiative ? A webinar and personal consultation program to equip leaders in student organizations to better advocate for the mental health of their peers, which building and enhancing peer support mechanisms inside student organizations. The goal is to create a more supportive, collaborative and informed student body through knowledge and skill building. Contact Nikhil Rao (USG Senior Advisor) Raon21@live.unc.edu ^[12]

Tar Heel Navigators: An acute peer-based support network for students who have spent any amount of time in the hospital due to a mental health crisis. Limited services may also be available to students who did not spend any time in the hospital, but who have missed an extended amount of class time for mental health reasons. Contact Raleigh Cury (USG Senior Advisor) racury@live.unc.edu ^[13]

Rethink: Psychiatric Illness ^[14]: 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 ^[15]: 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

Source URL: <https://caps.unc.edu/services/outreach/students-supporting-students>

Links

[1] <http://activeminds.web.unc.edu/>

[2] <http://activeminds.web.unc.edu/companions-to-caps/>

- [3] <https://heellife.unc.edu/organization/betanutheta>
- [4] <https://studentwellness.unc.edu/programs/alcohol-drug-programs/carolina-recovery-program>
- [5] <http://www.embodycarolina.com/>
- [6] <https://healthyheels.org/healthy-heels-ambassadors/>
- [7] <https://www.hgaps.org/>
- [8] <https://heellife.unc.edu/organization/iamshakti>
- [9] <https://heellife.unc.edu/organization/mha>
- [10] <mailto:unc.mha@gmail.com>
- [11] <http://mindovermatter.web.unc.edu>
- [12] <mailto:Raon21@live..unc.edu>
- [13] <mailto:racury@live.unc.edu>
- [14] <http://www.rethinkunc.org/>
- [15] <https://deanofstudents.unc.edu/student-support/veterans-resources/student-organizations>