

Spotlight on Student Wellness Ambassadors at Bakersfield College

The [Student Wellness Ambassador Program](#) is a component of the CCC Student Mental Health Program, currently in its pilot year. Student Wellness Ambassadors are trained to advocate and conduct peer outreach for student mental health and wellness.

From Mataalofa Hubbard and Annette Brasher, Student Wellness Ambassadors, and Raymond Purcell, Advisor, at Bakersfield College:

The mental health of our youth is such an important topic, especially identifying those that are struggling and vulnerable. Mental health is important at every stage of life, from childhood and adolescence through adulthood. The question we ask ourselves over and over, what is mental health? Do we suffer from such thing? Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. This is mental health awareness month and we at Bakersfield College and SHAWAC would like to acknowledge that your mental health is important for your sanity. We stress the importance of getting help. Mental health conditions can be treated and getting help early can prevent difficulties and complications.

Our goal as a mental health ambassador was to create buzz and awareness about the different resources that are out there in our community, on and off campus. It has been a pleasure to be given a platform to help others through some of their difficult times no matter what the situation is.

On May 3, 2019, we did just that at Bakersfield College. We gave a lot of cool gadgets and information to help relieve some stress. We also had some moments of truth and asked the students if they knew we had mental health counselors on campus and if they knew where it was located. I must say that the majority knew we did but did not know the location because of a recent move.

Thanks to all who came out and supported us, it was a blast and I think the students enjoyed it. The popcorn drew them in and gave us the opportunity to pass on some good information. **We are confident that students will utilize the tools and information provided whenever they get into a situation they can't handle.**

Images from May 3 Event

