2016-2017
STUDENT ADVISORY COUNCIL

AMELIA
I am currently a Junior at Cornell University. I am majoring in Feminist, Gender, and Sexuality Studies and Psychology and minoring in Education. My dream is to become a teacher, and last summer I interned with Breakthrough New York in order to educate high achieving, low income students. I am excited to contribute to JED’s Student Advisory Council because I believe that emotional health is an issue that is rarely discussed and needs to be brought to the forefront of conversations regarding health and education. Countless young adults face emotional turmoil, and it is suffocating and damaging that these experiences cannot be openly discussed in positive, welcoming environments. I look forward to doing anything I can to contribute to this issue.

AVI
I am a senior studying chemical engineering and food science at NC State University. I have led our NAMI on Campus chapter, initiating programs on suicide prevention, peer support, and mental illness awareness and have served as a Mental Health Ambassador with NC State’s Counseling Center, presenting on diverse topics in classrooms and meetings. Having immigrated to the US from India at a young age, I am passionate about the mental health of international and migrant students/populations. I am also working to decrease stigma among engineering faculty. Some of my other campus involvements include student government, Bhangra dance, interfaith literacy, campus entrepreneurship, and chorale.

BERNADETTE
Originally from Southwestern Vermont, I currently navigate the streets of Manhattan free of inhibition. At The New School, I study Creative Arts & Wellness and Psychology in a newly implemented Bachelor’s-Master’s program. With these degrees, I hope to combine my two foremost passions- the arts and mental health advocacy – and work as a creative arts therapist. I believe that the benefits of self-expression and acceptance of one’s identity lack prominence within the mental health field.
**CARTER**

I am a senior at Stanford studying political science and psychology. After a turbulent freshman year, I dropped into a peer counseling course on campus that kicked off my current commitment to promoting good mental health in high school and college students. I currently work as a counselor and coordinator at Stanford’s peer counseling center, volunteer teaches students at local middle and high schools about the importance of mental health, and works to spread mental health resources across Stanford’s campus. I had the privilege of working as an intern for JED last summer, and I’m excited to continue contributing to their important work alongside the dedicated group of students on the Advisory Council.

**HELMI**

I am a junior at the University of Alabama majoring in psychology and French. Mental health has always been one of my greatest passions and I pursue that passion on campus through leadership roles in NAMI-UA, Not On My Campus, and as a member of the SGA’s Mental Health Task Force, and within my community as a NAMI Connection Support Group Facilitator, an AFSP Out of the Darkness Walk top fundraiser, and Crisis Text Line volunteer. Through being a member of the SAC, I hope to continue to raise awareness about mental health causes and erase the stigma surrounding mental illness.

**KATHERINE**

I am a junior at Buffalo State College, majoring in psychology with a double minor in art therapy and deviance. After graduating, my goal is to enter into a PhD program for Clinical Psychology. I am a peer educator for the health promotion center on campus and I am looking forward to starting my internship at the Buffalo Psychiatric Center this upcoming spring. Through the resources provided on campus I have received Suicide Prevention training (QPR) and Opioid Overdose Prevention training. I am passionate about eliminating the stigma surrounding mental illnesses in urban communities and on college campuses. I hope I can inspire others to think differently about mental health.

**LIAM**

Born and raised in a suburb of Philadelphia, I am currently a sophomore at the University of Chicago studying statistics and public policy. I am a founding member of the UChicago text-based peer-to-peer support network Lean on Me, engaged in my local chapter of Active Minds, and serving on my school’s Student Health Advisory Board with a focus on student engagement with campus health and counseling services. I am also interested in the role government plays in advancing access to mental health and substance abuse support and rehabilitative resources. In my free time, I love to sing, drink tea, and make people smile.

**MARISSA**

I am a junior at the University of Texas at Austin and I am majoring in Social Work. I am currently a Peer Educator for UT’s Counseling and Mental Health Center’s Peer Educator Program. This past summer, a close friend of mine died by suicide. I am very passionate about mental health and suicide prevention and so value this opportunity to be a part of a national organization to raise awareness about suicide prevention. I hope to pursue a Master’s Degree in Social Work and then a Psy.D. My goal is to become a therapist and help adolescents and college students!

**MEGAN**

I am a senior at UCLA. I created the Mind Your Mind mental health awareness coloring and activity book at UCLA and Active Minds, Inc., developed FreEDom: Recovery is Possible for Eating Disorder Awareness Week, and seen my idea of exposing students to different careers in mental health come to fruition in the event “Mental Health Networking Night.” I have also been an active story contributor to The Mighty on the subjects of suicide, eating disorders, and general mental health. I am passionate about mental health advocacy and hope to continue to work in the field following graduation.
NIKITA

I am a sophomore at Connecticut College and I am a double major in Africana Studies and Psychology. I have always been the person my friends and family come to talk to when they need to vent and/or want some advice because they know I am always listening. Helping others is what I love most and I try to tie that into everything I do. During my freshman year, I did a research project that compared the discriminatory tendencies of students with the towns they were from. With both my majors, I focus on minoritized groups more as I get deeper into the Africana Studies Major.