

WELCOME TO
Mind Out Now

by the Outreach Committee

Hello Students, Educators, Mental Health Advocates, and Readers!!

Welcome back to Mind Out Now! We hope that the holiday season was joyful and that you're ready to take on 2024!

We're so glad you're here ;)

Committee Updates

Outreach

"Over the past few weeks, Outreach has been busy finalizing the November and December Mind Out Now issues, as well as hosting and organizing the December workshop! Stay tuned for more newsletters and monthly workshops during 2024!"

Research

"In the last few weeks, we've thoroughly researched student mental health, and delivered our first presentation on the topic! We're now finalizing research on our second topic and preparing for our next presentation. We're sure our peers will be pleasantly surprised."

Connections

"Our committee was responsible for maintaining internal connections by planning and coordinating all internal activities. We aim to conduct international meetings with other Mind-Out organizations soon."

Communications

"The communications committee recently has recorded and edited this season's trailer in their podcast "Talking Out Loud." Aside from this, they have already begun planning their first full podcast of the year, where the listeners get to know each member a little more with a light-hearted and fun conversation. Be on the lookout for the trailer which will be uploaded onto the Spotify page soon, and for their first episode of the season."

Publications

"As a committee lead, I was focused on gaining my bearings and getting used to the tasks I was responsible for. I coordinated and talked with the student director on my committee, Alexa, who was super helpful. I proposed ideas for our December issue and kept track of points during the month. I did the best I could do, but I know I can do much better."

Digital Design

"We have been working on monthly posts to celebrate student reps of the month and introduce the committees, and just recently we took on the responsibility of changing the UNICEF content to include MOL branding"

Write your Future Self a

Future Email.

Your own personal digital time capsule.



Dear Future Self...

INTROSPECTION & GOAL-SETTING FOR 2024!

Take some time today to write your future self a message! Reflect on 2023, dream big for 2024, schedule an uplifting reminder, or just write what's on your mind. It's up to you!

Youth Spotlight

HAPPIER: A JOURNEY TO SELF- DISCOVERY

Thi Chan, a MOL Student Director, is the founder & leader of Happier, an organization that focuses on educating middle school students about cultivating personal wellness and the importance of a balanced mindset. Happier is centered around a mental health curriculum composed of a website & an interactive workbook about the 5 aspects of wellness (physical, emotional, social, intellectual, & spiritual), providing students with resources to better understand and spread happiness.

Thi coordinated and ran 3 summer camps in 2023 with the goal of increasing Happier's outreach. An astounding 100% of students said they gained something from the experience.



[CHECK IT OUT!](#)

Recent Events



NOVEMBER WORKSHOP

Sarah Joo, a California Association of Student Councils (CASC) representative, presented different ways students can advocate for mental health policy reform in their communities along with the various leadership training programs that CASC offers!

[WATCH THE RECORDING](#)



San Diego and Imperial Counties



LIVE WELL SAN DIEGO

DECEMBER WORKSHOP

In partnership with the County of San Diego & the National Alliance on Mental Illness (NAMI), we discussed cultural and parental mental health stigma during the holidays. If you weren't able to join us, make sure to watch the recording!

[WATCH THE RECORDING](#)

Opportunities

MOL STUDENT SUPPORTER

Are YOU a student interested in raising awareness for mental health, but don't have the capacity to commit to a full MOL program year? The Student Supporter Program is perfect for you!

[APPLY NOW!](#)

MOL AFFILIATE AMBASSADOR

Are YOU an adult who would like to help widen the impact of the Mind Out Loud program through promotion and advocacy? Express your interest by filling out the form below!

[INTEREST FORM](#)

MOL 24-25 STUDENT REP INTEREST FORM

Interested in joining a youth mental health movement & connecting with an amazing group of students? YOU can join our Mind Out Loud 2024-2025 Student Rep program today! Official applications will open in the Spring.

[INTEREST FORM](#)

Support Us!

Help us expand the reach of our resources and spread our mission of amplifying the student voice:

1. Partner with Mind Out Loud for an event or project!! Reach out to us at hello@mindoutloud.org and we'll be happy to get in touch with you :)
2. Support our parent organization, Wellness Together: School Mental Health. Visit wellnesstogether.org for more information.
3. Connect with us on social media [@molstudents!](https://www.instagram.com/molstudents/)

That's all for this month! Thank you for taking the time to read this through. We look forward to staying connected with you!

Best wishes,
The MOL Outreach Committee 