

# Mental Health Club 2025-2026

Join us in promoting  
mental health,  
self-care,  
inclusiveness, &  
support on campus!



## We're looking for:

- **Club Advisor**
- **Officer Positions Available:**
  - ICC Representative
  - Secretary
  - Social Media Chair
  - Events Coordinator
- **Members to Join & Get Involved!**

## What We're About

- Mental health awareness & wellness education
- Coping strategies for stressful college life
- Self-care and resilience building
- Creating a safe and inclusive community of support
- Events, workshops, and open discussions

## Get Connected

- **Remind App:** Text @chaffeymhc to 81010
- **Instagram:** @chaffeymhc
- **Email:** President Marrissa [mcarrillo2874@panther.chaffey.edu](mailto:mcarrillo2874@panther.chaffey.edu)  
u  
Vice President Phoebe [phong7531@panther.chaffey.edu](mailto:phong7531@panther.chaffey.edu)

**Together, we're  
building a supportive  
community for all  
students at Chaffey**