

JOIN US!

NATIONAL STUDENT ADVISORY COUNCIL (NSAC)



WHAT IS IT



The Work2BeWell National Student Advisory Council is a group of teens dedicated to the Work2BeWell program and its vision. The NSAC is committed to making mental health a top priority in schools and communities across the nation through Access, Education and Activation.

W2BW Vision: All teens have better mental health support and increased emotional well-being.

QUICK FACTS

- Teens from across the nation
- Three teams: Access, Education, and Activation led by students
- Meetings are virtual
- Some in person events or presentations are possible
- Time Commitment: 1-2 hours per week (August 2023 - June 2024)
- No cost to participate



ACTIVATION
TEAM CO-LEAD

ANJALI - PENNSYLVANIA

WHY I JOINED?



I joined Work2BeWell's NSAC for the opportunity to uplift teen voices in critical conversations surrounding student mental health. Through this nationwide family, I am thankful for the ability to make connections that drive positive change and engage in communities to further support wellness.

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EDUCATION
TEAM CO-LEAD

ALEX - NEVADA

WHY I JOINED?



I have always wanted to help people and Work2BeWell was the perfect opportunity to help with something I am passionate about. I believe mental health is one of the most important things and being able to work to destigmatize and raise awareness for it was an opportunity I could not pass up.

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EDUCATION
TEAM LEAD

HAILEY - WASHINGTON

WHY I JOINED?



I joined Work2BeWell in order to join the fight to destigmatize mental health, and also to help make mental health resources more accessible to everyone. I believe that it is vital to increase mental health awareness to ensure that people are able to obtain the help and support that they need.

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**EDUCATION
TEAM CO-LEAD**

RAVALI - CALIFORNIA

WHY I JOINED?



I joined Work2BeWell so I could surround myself with a community of supportive peers and adults. Mental health is still heavily stigmatized, but W2BW connected me to a loyal and passionate group of people. I was looking for a support system and found true friends from all across the nation. I also wanted to improve the resources and awareness of mental health, and I knew that W2BW would help me make my mission and vision a reality.



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ACTIVATION
TEAM CO-LEAD

RICK - NEW YORK

WHY I JOINED?



I joined Work2BeWell to engage in meaningful dialogue and initiatives that challenge misconceptions about mental health, fostering more understanding and supportive communities. I think it's important to advocate for and contribute to the development of inclusive and effective mental health programs, ensuring they cater to diverse needs.

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ACCESS
TEAM LEAD

SAHASRA - TEXAS

WHY I JOINED?



I joined Work2BeWell to help increase access to resources for mental health. It is very valuable for everyone to gain access to resources to support themselves and their mental health better.

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ACTIVATION
TEAM LEAD

SHREEYA - TEXAS

WHY I JOINED?

"I joined Work2BeWell to create change and help increase awareness about Mental Health overall. Mental health is an important part of everyone's lives and increasing awareness and education can have a large impact on someone's life."

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ACCESS
TEAM CO-LEAD

SOFIA - MARYLAND

WHY I JOINED?



I joined Work2BeWell because mental health is such a prevalent issue in today's society. I've seen the first-hand effects of mental health being ignored, and I want to help people who need it.

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ACCESS
TEAM CO-LEAD

WILLIAM - MISSOURI

WHY I JOINED?



"I joined Work2BeWell's NSAC because I've personally experienced the devastating impact mental illness can have on teenagers through myself and my peers. I wanted to advocate for teenage voices in mental health spaces and create true change."

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