



Work2BeWell Monthly Newsletter

July 2025

July kicks off the summer and with it, a chance to celebrate! In this issue, we are honoring our incredible graduates and recognizing Minority Mental Health Month, a time to uplift diverse voices and highlight the strength found in community.

We are sharing resources that foster connection, unity, and continued advocacy. Scroll down for direct links to curriculum, podcast episodes, and student spotlights. Together, we are breaking the stigma—one student and one voice at a time.

How Are You #Working2BeWell

“The gratitude that we encounter helps us believe in the goodness of the world, and strengthens us thereby to do what is good.”

— Albert Schweitzer

Writer, humanitarian, philosopher, and physician



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Providence

Reminder: Gratitude not only boosts your mood but also strengthens your motivation to spread kindness and do good in return. Practicing gratitude helps us recognize the good in the world, even on hard days.

Try it: Each night, write down 3 things you are grateful for in a journal or notes app. You will start to notice more of the good that is already around you.

What You'll Need for July



W2BW Advocacy & Activism: Mental Health Justice for BIYOC

This module sheds light on the systemic barriers BIYOC face in accessing mental health care and emphasizes the importance of both advocacy and activism. With real-life youth leaders as examples, practical strategies for engagement, and a strong focus on self-care, this module empowers young people to make a difference in their communities while protecting their own well-being. Whether at the local or national level, every voice matters in the movement for mental health equity.

[Click here to access W2BW 'Mental Health Justice for BIYOC' PowerPoint Presentation and Facilitator Guide.](#)

Talk2BeWell Podcast

Our podcast explores the full range of mental health topics and gives students from across the country a platform to share their voices. By creating space for honest conversations, we are able to support teens in building connections and breaking stigma together.

Episodes that inspire advocacy and activism - [Ep 126: Be Mindful & VOTE!](#)
[Ep 88: You Can't Pour From an Empty Cup](#)
[Ep 26: Protests + Equality](#)

Want to easily find episodes to accompany lesson plans and activities? Check out this ready-to-go list of all the [T2BW Episodes categorized by W2BW Curriculums!](#) This list is a great resource for Wellness Rooms!

NSAC Graduates 2025

Thank you to our amazing Seniors for their dedication to Work2BeWell and fellow NSAC members. W2BW wholeheartedly thanks the Class of 2025 for the honesty, passion, and leadership you have brought to the council. The legacy of this special group's impact will be felt for years to come and we are so proud to have them join our alumni network!

Congratulations to our 2025 NSAC Graduates 🎓



Student Spotlight



Addison Aguada

Back in middle school, **Addison** faced her own struggles with mental health and came to understand how important it is for young people to have a supportive community and a safe space to talk about it. When she entered high school, she noticed that such a community was lacking—and decided to change that.

In her junior year, she joined the Work2BeWell National Student Advisory Council (W2BW NSAC) and was introduced to a variety of resources, including their club starter guide. Motivated by what she learned, she went on to **create the first W2BW club in Washington** state and the first mental health-focused club at her high school.

With the support of her dedicated officer team and the school's social worker, who also serves as the club advisor, she helped lead meaningful change over just two years. The club introduced W2BW resources to staff and faculty, organized a slime fundraiser to support mental health initiatives (while helping students relieve test anxiety), and built a space where students consistently show up, engage, and feel heard. Her efforts have made the school a more open and compassionate environment when it comes to mental health—something she hopes to continue advocating for as she moves forward in her education and career.

As she prepares to graduate, her hope is that the community she helped create continues to thrive, ensuring every student feels supported, validated, and less alone.

Click [HERE](#) to access the full one-pager, and be sure to scan the QR Code for information on [Slime Fundraisers!](#)



Student Spotlight - Addison Aguada

MARK YOUR CALENDAR!

Important Dates	Details	Contact
July 15th, 2025 Oregon Association of Student Councils Summer Camp	W2BW to present the workshop, "Telling Your Story with W2BW"	W2BW Support Support@Work2BeWell.org
July 19th, 2025 Climate Panel Lake Oswego, OR	Climate Week - Mental Health Panel hosted by the Future Climate Collective	W2BW Support Support@Work2BeWell.org
August 23rd - 26th, 2025 NSAC Team Leads Retreat Seattle, WA	The NEW 2025-2026 NSAC Team Leads will meet in Seattle, Washington for a couple of days of bonding, training, and goal setting for the upcoming school year.	Zoie Sheng, NSAC Advisor Support@Work2BeWell.org

Testimonials



Dominic Mimbang

"Coming into Work2BeWell 2 years ago, I was faced with a unique opportunity to become the representation I never had growing up. From presenting in front of audiences of hundreds of people, to promoting and presenting culturally-inclusive mental health resources, I've been able to do just that! Work2BeWell has shown me that I am not bound by arbitrary, stereotypical labels society often places on BIPOC youth to inhibit their potential. Instead, it has allowed me to become the most intentional, passionate advocate for minority mental health! And for that, I am eternally grateful to serve on this council and play a role in making sure mental health is something everyone prioritizes, no matter their background and experiences."

-Dominic Mimbang, '24-'25 Education Team Co-Lead



How are you using W2BW resources to make a difference in your school or community? Have they helped you start conversations, plan events, or bring people together around mental health? We'd love to hear how you're making an impact!

[Share your story with us](#) and be featured in an upcoming newsletter or on social media!



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