



# Peer Awareness for Well-being and Support

## About the Program



P.A.W.S. is a newly-adopted program that equips Michigan Tech students with the knowledge and tools to effectively recognize the signs of a mental health crisis, give appropriate and supportive aid, and refer a peer that is struggling to professional mental health resources. The program seeks to involve students from multiple backgrounds and experiences that are natural, key peer supporters on campus and want to help to bring a higher level of mental health awareness and advocacy to the Michigan Tech community.

## Program Structure

This six-week program includes weekly one-hour long training sessions. Once students have completed the six-week training program, they are considered a part of the P.A.W.S. network for the remainder of their time at Michigan Tech. Completing this program will open up future opportunities for participating in mental health and well-being advocacy on campus.



## How to Participate



Students who are passionate about mental health awareness on campus are invited to nominate a peer or themselves to participate in the Spring 2024 cohort through a form on our website. Student nominations can also be submitted by faculty and staff. There are a limited number of spots available, and those who are not accepted into the Spring 2024 cohort will be put on a waiting list for the next academic year. Nominated students must have at least 1 year left in their program, and will receive an email requesting a completed application form and their schedule availability for the training.

## Spring TBD Dates

The days and times of future sessions are scheduled based on the group of students' availability:

- Week 1 (Week of 1/8): What is Mental Health? Acceptance and Avoidance
- Week 2 (Week of 1/15): Empathy
- Week 3 (Week of 1/22): Depression and Anxiety
- Week 4 (Week of 1/29): Use of Alcohol and Other Substances
- Week 5 (Week of 2/12): Suicidal Thoughts and Behaviors
- Week 6 (Week of 2/19): Stages of Change, Getting More Help



Have questions or need more information? Please reach out!



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PAWS@MTU.EDU



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