



Psi Chi Chapter HelpHelpedMe Officer Position Description

This fall Psi Chi is introducing a new officer role for your local Psi Chi chapter. Inspired by Dr. R. Eric Landrum’s 2017–18 Presidential Initiative, this role is meant to help reduce the stigma that comes with seeking help for mental illness at your chapter and on your campus.

According to NAMI.org, “Mental health conditions are common among teens and young adults. Half of all lifetime mental illnesses develop by age 14 and 75% develop by age 24.”

During COVID-19, many have suffered additional negative affects to their mental health. With this newly designed officer role, Psi Chi would like to lead the charge for reducing the stigma that comes with seeking help among college students.

If you are interested in becoming your chapter’s HelpHelpedMe Officer, please contact your local officer team or your faculty advisor!

Position Objectives:

The **Psi Chi HelpHelpedMe Officer** at your chapter will work to compile a working list of all mental health resources available on your campus and in your community. This position will serve as the keeper of a compendium of helpful information.

Important note: This role serves as a distributor of information, not a counselor.

Key Responsibilities:

The **HelpHelpedMe Officer's** ongoing responsibilities require 2–4 hours per week. General duties include:

- Compile and maintain a list of mental health resources, and all helpful resources, on your campus and in your community. This list should
 - a. include the name of each local agency and contact information to an 800 number or other initial point of contact information;
 - b. be maintained securely in a database, such as an online Excel document, or listed on a website or webpage for your chapter; and
 - c. be made readily available for all Psi Chi members and campus-wide, if possible.
- Share your chapter's list of mental health resource in meetings, classrooms, and at local events.
- Communicate with local chapter leadership, psychology faculty, etc. about promoting this resource and other mental health organizations on their social media, local newsletters, etc.
- Invite a mental health professional to speak at a chapter meeting or other campus event on behalf of their organization. (Be sure to ask your chapter leadership for their permission and support, and offer to help them promote this event too!)
- Train the incoming HelpHelpedMe Officer on next year's duties and responsibilities. Turn over all necessary materials to that person. Here's a handy [Officer Training Worksheet](#).
- Represent Psi Chi whenever the occasion arises.

Position Benefits:

The **HelpHelpedMe Officer** will:

- Gain experience by taking on a leadership position in a formalized setting
- Connect with fellow Psi Chi members, your Psi Chi Faculty Advisor, and potentially others on your campus
- Learn about Psi Chi Central Office initiatives and interact with staff on an as-needed basis.
- Receive opportunities to establish relationships with professionals in local mental health organizations.