We are a social media campaign based in Columbus, OH. We aim to educate our peers about our protective factors, philanthropy and mindfulness, and our risk factors, loneliness, isolation, and self-criticism, and how they impact each other!

(References start on page 6)

EASY ACCESS LINKS:

INSTAGRAM:
https://www.instagram.com/payitforward.hosa/

TIKTOK:

PODCAST:
https://open.spotify.com/show/5pBl8bBZqfpecal1Pca8hr?si=fbe3dfebe767498e

WEBSITE:
https://sites.google.com/view/payitforwardhosa/home?authuser=2

LINKTREE:
Pay it Forward
Mental Health Promotion

https://linktr.ee/payitforward.hosa

MENTAL HEALTH CONSULTANT FORM
Pay it Forward
Mental Health Promotion

TIMELINES:

DECEMBER

First discussion with Mental Health Consultant (MHC)

Started on Social Media

JANUARY

Weekly Event: Letters for Old Age

Weekly Event: Making Positive Posters

Mental Health Consultant (MHC)

Month of Mindfulness

TIMELINES:

FEBRUARY

Weekly Event: Book Drive

Weekly Event: Writing Thank You Notes

MHC

MHC

First Post
Pay it Forward
Mental Health Promotion

MAY

- Mindfulness Event: Making Mental Health Awareness Bracelets
- Mindfulness Check in
- Collab w/ Hearts & Crafts
- Peer Engagement: Research Study
- Spotify Podcast Episode 1
- Peer Engagement: Interview
- Mindfulness Check in
- Spotify Podcast Episode 2
- Philanthropy Event: Volunteering at the Senior Home
- MHC
- Research Study

Wearing green for Mental Health Month
Week of Philanthropy
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