The CH I LL Peer Health Education (PHE) program – CHILL – just CHILL, PERIOD – is a 3-credit per semester, upper-division, two-semester internship, supporting campus outreach and information distribution related to mental health and wellness.


In addition to class instruction, students are required to participate in 45 hours of campus outreach, per semester. Participation, under supervision, includes creating, and participating in related campus outreach heightening, awareness of mental health and wellness. Class instruction includes:

- Health Education Theory
- Active Listening
- Health Program Development
- Mental Health and Wellness
- Communication Skills
- Public Speaking
- Overview of Mental Health and Wellness Careers

QUESTIONS?
Contact:
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Center for Prevention and Outreach
Learn how to HELP others deal with - And find help for - Stress, Depression, Anxiety, Crisis Intervention and Suicide Prevention, Abusive Relationships, Grief, Anger, and Feeling Disconnected.

Mental Health and Wellness Internship

Revised 3/10
Peer Health Educator (PHE) Internship was created to:

- Help identify students in need of emotional support and/or mental health counseling.
- Help students recognize their own resistance to seeking help.
- Help students develop coping skills.
- Help students identify future careers in mental health and wellness.
- Help bridge the gap between resources and students in need.

**WHO:**

CH I LL PHEs acquire skills to help link in-need students to campus resources supporting MENTAL HEALTH AND WELLNESS.

**WHY:**

CH I LL PHEs help students:

- Stay in school
- Identify resources
- Recognize signs and symptoms of stress, depression and crisis
- Better cope
- Engage peers

**HOW:**

Through instruction & experience. Program content is a collaborative effort between health education and counseling professionals.

PHEs participate in a variety of campus events sponsored by campus organizations - in mental health and/or wellness promotion, prevention, and/or education.

You need instructor approval to enroll.

Registration information under the Living Learning Center (LLC), Living Health and Wellness (LHW) Internship (488), T (Tutorial).

**CHILL Part 1 under SECTION 3**

**CHILL Part 2 under SECTION 4**

YOU WILL NEED TO SELECT THE NUMBER OF CREDITS - 3 - WHEN ENROLLING EACH SEMESTER.

**WHAT:**

CH I LL PHEs learn how to help students recognize - and find help for - issues related to:

- Stress
- Stigma related to Mental Illness and/or Mental Illness treatment
- Depression/Suicide
- Mental Health issues
- Mental Health Careers
- Depression and Drug Use/Abuse
- Grief/Loss

CH I LL PHEs are trained to LISTEN and conduct campus outreach offering information, support, encouragement and increased awareness of related campus services.