

MICHAEL ANDERSON

Mental Health Outreach Assistant

- San Francisco, CA
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Innovative Mental Health Outreach Specialist with over 2 years of experience in mental health education and community engagement. My background in psychology and social work has equipped me with the skills needed to effectively connect with individuals and provide essential resources for mental health support. Experienced in developing and delivering workshops that promote mental health awareness, and I have a strong passion for destigmatizing mental health issues within communities.

WORK EXPERIENCE

Mental Health Outreach Assistant | Community Mindfulness Project

Jan 2022 – Present

- Assisted in organizing mental health workshops that educated over 200 participants on coping strategies.
- Conducted outreach activities that increased program enrollment by 30% in one year.
- Collaborated with local schools to distribute mental health resources to students and families.
- Participated in community events to promote mental health awareness and services.
- Created promotional materials that effectively communicated mental health resources.
- Maintained accurate records of outreach efforts to inform program development.

Community Engagement Volunteer | Wellness for All

Jul 2019 – Dec 2021

- Engaged with community members to raise awareness about mental health issues and resources available.
- Supported the organization of events that focused on mental health education and awareness.
- Assisted in the development of educational content for workshops and outreach materials.
- Conducted surveys to gather feedback on community mental health needs.
- Promoted mental health services through social media and community networks.
- Collaborated with local organizations to enhance community outreach efforts.

SKILLS

Mental health education

Community outreach

Workshop facilitation

Event planning

Communication

Team collaboration

EDUCATION

Bachelor of Arts in Psychology

2020

University of Florida

ACHIEVEMENTS

- Successfully organized a mental health awareness event attended by over 300 community members.
- Increased engagement in mental health workshops by 40% through targeted outreach.
- Recognized for outstanding volunteer service in promoting mental health awareness in 2021.

LANGUAGES

English

Spanish

French