



# We want to hear from YOU!

## Participate in our Mental Health Spotlight

**You're Invited:** Lend your voice to critical efforts to reduce stigma and raise mental health awareness for patients and providers by participating in the nccPA Health Foundation's [Mental Health Spotlight](#). We feature thoughts from Certified PAs practicing in all disciplines and PA students on our website and social media platforms.

Get started by answering *two to three* of the following questions:

1. Why is mental health important to you?
2. How is mental health incorporated or addressed in your practice?
3. What advice do you give to patients for maintaining their mental health and well-being?
4. How does mental health impact overall health?
5. Given current trends, why do you feel mental health is of great importance?
6. What is something you wish others knew about mental health?
7. What do you find most rewarding about advocating for mental health in your practice?
8. Describe the importance and impact of provider mental health.
9. What are your best strategies for fostering provider mental health, avoiding burnout, etc.?

There are **THREE** ways to participate & reach us at [contactus@nccpahealthfoundation.net](mailto:contactus@nccpahealthfoundation.net):

**1. Record yourself:** Simply record your answers on a device of your choice and email your audio file(s) – one question per file – and contact details to us.

**2. Record with us:** Email us that you want to participate and the questions you'd like to answer. We will set up an online recording session to capture your thoughts.

**3. Email your answers:** *Better in writing?* Share your thoughts in response to the questions that you have chosen and your contact details.

### Tips:

- Introduce yourself! Share your name, practice area or program, and where you're from.
- Share examples of your experiences, although please avoid sharing confidential or identifying patient information.
- Consider organizing your thoughts in writing.
- When recording, choose a quiet room that limits distracting background noise.
- *Option 1 only:* Keep each recording to a **maximum** of 45 seconds. When you finish an answer, please record an additional 10 seconds of silence before turning off your recording device.

Certified PAs and PA students selected for the Mental Health Spotlight will be asked to submit photos and sign a release allowing the Health Foundation to share your recordings.

There are no wrong answers, and we encourage everyone with a passion for mental health to share your perspective! Every PA is a Psych PA!



Questions? Please email [ContactUs@nccPAHealthFoundation.net](mailto:ContactUs@nccPAHealthFoundation.net); and our staff are happy to assist you!

