



**Starting a Project LETS
Chapter and PMHA
program at your school
or university!**

a 101 resource guide with
information on our Fall 2021
offerings and how to start or get
involved with a LETS chapter

Fall 2021 Offerings



Virtual PMHA Training Cohort*

- Student organizers, advocates, healers, and peer supporters will join from Project LETS chapters across the country
- Applications due **October 18th**
- Cohort begins **October 29th**
- Virtual & self-paced course materials paired with four live sessions (& reflective activities/assignments)

Chapter Leadership Development Series

We will be releasing a series of leadership development videos for chapters to engage with on their own time. We will then have two live sessions that are interactive, with opportunities for Q&A: Staying aligned with our movement value and core leadership skills.

Chapter and PMHA Clinics

Once a month, Project LETS will facilitate Chapter Clinics: spaces where leadership members & PMHAs can come and dream together, strategize and build, ask questions, get support, lead discussions, connect on topics, etc. Starting in January 2022.

**You must be part of (or starting) a Project LETS PMHA program on your campus to be part of this cohort*




**What do
Project LETS
chapters do?**

Project LETS chapters have 3 main focuses: **peer support & community care; political education; and organizing for change.**

Our chapters move far beyond mental health awareness and wellness campaigns, towards: a Disability Justice lens that centers the sustainment and healing of our communities, mad pride, radical social justice & liberation centered politics, and genuine systemic transformation through storytelling, organizing, political education, and building collective power.

Some examples of what our LETS chapters do: host panels, discussion groups & workshops; train professors and administrators; facilitate Know Your Rights trainings; create accessible campus-specific guides and resources; advocate with/on behalf of students; create policy reform strategy; facilitate peer support programs; organize direct actions and campaigns; respond in the wake of crises/traumatic situations; lead creative arts spaces; offer non-carceral crisis response programs, etc.



**Why do you
require folks
to have lived
experience?**

Our chapters are led by and folks with lived experience of personally or politically identifying with and/or have embodied knowledge of what it feels like to be Disabled, mad, mentally ill, or neurodivergent. Each term has a different context, meaning, and lineage, and we don't require anyone to use a particular word to define their experience— or to “openly” identify.

For too long, this work and these conversations have been dominated by non-Disabled/mentally ill people who have wanted to help, or believe they have acted in our best interests. However, due to systemic, interpersonal, and internalized ableism and sanism (and many other intersecting forms of oppression), the “solutions” (the mental health system, carceral punishment, involuntary hospitalization, etc.) have caused further harm, violence, and trauma. Our stories and narratives have been silenced historically, and we believe our community members deserve a space to think, organize, and support each other – together. Our solutions, programs, and ideas need to be centered in this work, and Project LETS nourishes and fosters this space of directly impacted folks.



Does my school have a chapter?

Chapters listed here are currently active or getting their chapters off the ground:

- Brown University
- Michigan State University
- Temple University
- SUNY Optometry
- Boston College
- Sarah Lawrence College
- Northwestern University
- Portland State University
- UCSF
- Georgia Tech
- University of Arizona
- University of Pennsylvania
- MRHS
- East Meadow High School
- Brescia University
- University of Maryland at College Park
- University of Texas at El Paso
- Tuft's University
- Queen's University

reach out to us directly if you'd like to be put in contact with any chapter leadership teams!

**How do I
start a
chapter?
What's
involved?**

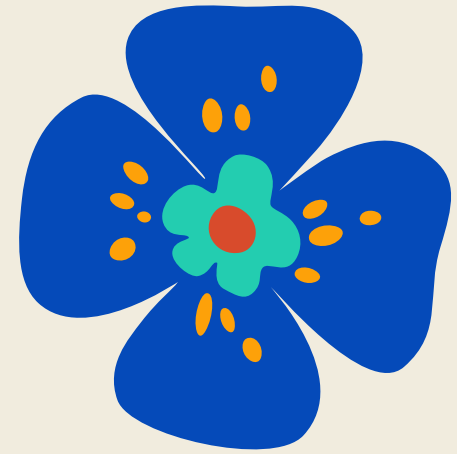
**DISABILITY
JUSTICE ON
CAMPUS!**



- Fill out an application on our website
- Set up an introductory call with Project LETS staff members
- Get access to our resources and tools for building your chapter
- Be in regular contact with Project LETS team members for: check in's, strategy sessions, support, guidance
- Build power and community with other student organizers across the country & world

Go to projectlets.org/chapters to find an application link and more information.

**Can I be a PMHA
if I'm not a HS or
college student?**



Yes! We have some very exciting plans in the works, and are looking to build out our team of national PMHAs. You can go to projectlets.org/pmhas for more information and an application link. Our national PMHAs offer:

- 1) 45 minute drop-in sessions
- 2) Rapid anti-carceral* crisis response
- 3) Long-term 1-1 peer support relationships

All PMHAs receive comprehensive training from Project LETS. We have training stipends available for no/low-income PMHAs (prioritizing queer, trans, and/or BIPOC folks).

***we do NOT call the police or emergency services!**