

Hi there! My name is Carlyn Tricia Esbach. I am 23 years old. My skills are in writing, social media, content creation, engaging with new people, cooking, being organized and giving advice on mental health.

A few talents of mine are that I am able to work well under pressure, I have been able to hold my breath for four minutes underwater, I have written an entire book by myself in less than two weeks, and been able to help people with regards to mental health awareness in more ways than I can count.

My goals for what I aim to achieve for the campus and our students is to build a proper platform for us to be heard when communication isn't working electronically. Many of us find it tough to navigate student life whether it's with the workload that we face or with managing our mental health on top of that or simply finding someone who is willing to listen when we just need someone to talk to in our time of need. I aim to bring these issues to light and build a communication platform where we can reach our students on campus directly and build a community where we can be heard and understood when it comes to these challenges. The reason I would be perfect for this role is because I personally know what it is like to struggle to have a voice when it comes to speaking out about mental health because there is no proper channel for me to be heard and understood.

When voting time comes, I would like you to think of the name Carlyn Tricia Esbach because that is the name that will stand up for you in times of need. Being a mental health advocate is no easy task and I don't wish to take it lightly. There is so much that we need to learn about when it comes to being there for each other and understanding that university life isn't easy. It takes courage, determination, hard work, and a lot of patience to find yourself in the adjustment period of university studies.

We have a right to have our mental health issues be seen and protected as a community. Just as much as being inclusive with the LGBTQIA+ community as well. We need to build a platform where we are heard and can voice our opinions when we need to be as one unit standing together.

In conclusion, I hope that you vote for me because it would be a vote for positive change in our campus community as a whole. We have the opportunity to make things better. All we have to do is build up the courage to stand up. Thank you.

