



ARE YOU A MENTAL HEALTH AMBASSADOR?

- Do you have a large network of friends and peers with intellectual disabilities?
- Do they often come to you with problems?
- Do you help them through tough times?
- Do you want to get paid for this work that you're already doing?

We are looking for Mental Health Ambassadors with an intellectual disability to be a part of a Mental Health Wellness Program. We will select **one** person from each of the areas listed below. The program is run by University of Iowa Health Care Center for Disabilities and Development and is funded by Iowa's DD Council and Project Recovery Iowa.

AREAS IN IOWA	North (Mason City, Spencer, Spirit Lake)	South Central (Atlantic, Decatur, Lamoni)	Northeast (Decorah, Waterloo)
Northwest (Sioux City)	North Central (Fort Dodge, Storm Lake)	Central (Ames, Marshalltown)	East Central (Cedar Rapids, Iowa City)
Southwest (Council Bluffs)	West Central (Des Moines, Carrol, Pella)	Southeast (Burlington, Fairfield, Fort Madison/Keokuk, Muscatine, Oskaloosa, Ottumwa)	East (Clinton, Dubuque, Quad Cities)

Applicants will be interviewed and selected based on the following:

- Able to share emotions and mental health openly
- Known as a mentor in their community
- Willing to learn how to be a support for others
- Comfortable speaking to a group of people

Contact Julia Ganda at julia-ganda@uiowa.edu or call 319-678-7903