



Name: Kendyl Kilpatrick

Areas served: University of Calgary campus

Languages spoken: English

Can support in: Mental health challenges such as anxiety, loneliness, and grief. I can also help with resource location, study skills, developing coping strategies, and just being someone to talk to.

Availability: Tuesdays and Thursdays (possibly Wednesdays) from 11am-3pm

Contact info: kendylakilpatrick@gmail.com

Limits: I live outside of Calgary, so I am only able to meet on campus

About me: Hey everyone! I'm a 4th year Bachelor of Community Rehabilitation and Disability Studies student in my final practicum placement for my degree. I am incredibly passionate about learning, literacy, and early childhood education (and of course mental health!). One of the biggest things I remember about my first year at U of C was how overwhelmed and confused I was. I grew up in the country and had a graduating class of 8 before going to high school which was also small... so to say I didn't know where to start is an understatement! Besides being a busy university student, I am an avid outdoorsman and love to explore.

As I near graduation, my goal is to support others who might feel just as overwhelmed or lost in this bustling academic world. Over the past four years, I've navigated the maze of hallways, discovered vital health resources, and gathered countless study hacks.

About me continued:

Empowerment Through Knowledge

As I approach my graduation, I aim to empower others by sharing not just academic resources but also practical mental health strategies. Whether it's stress management techniques or self-care practices, I want to equip my peers with the tools they need to thrive. My goal is to help fellow students advocate for their own mental well-being, fostering resilience and a sense of agency in their lives.

Advocacy for Change

Moreover, I'm passionate about advocating for systemic changes within our university. Mental health resources should be accessible and supportive. I hope to raise awareness about these issues and encourage conversations that reduce stigma, ensuring that every student feels empowered to seek help when they need it.

Embracing the Doula Role

Being a mental health doula means creating a safe, supportive space where students can openly share their experiences and challenges in life and academics. I want to be the compassionate ally for those who feel isolated or confused, just as I once did. Listening without judgment and fostering an environment where everyone can feel heard.

Building Community

I believe in the power of community. My vision for the RMHD on campus includes organizing informal study groups and support sessions where we can connect, share our struggles, and celebrate our successes together. By creating these spaces, I hope to remind my fellow students that they are not alone in their journeys.