

Mental Well-Being and Resilience Learning Community

Join Basecamp to Build the Community Together



What

Basecamp is an online tool where groups can share resources and have discussions.

Joining is Easy

Go to Learning Community Basecamp Site and follow the prompts.

- Any email address works!
- Easily manage email alerts from basecamp
- There are four simple tools on our page: Actions, Events, Files and Discussions.

Basecamp Activities

A few things we can do on our page:

- **BRAG** (Ok- not very Minnesotan) Let's say INSPIRE! Share your community progress, action steps, outcomes, etc. What are you doing to build mental health and well-being? It doesn't have to be a completed project, it can be an idea or something you are just starting!
- Let's inspire and learn from each other! The **Discussions** page is perfect for this.
- **ADVERTISE EVENTS**: Share local or statewide events on the **Events** page. This isn't limited, whereas statewide emails are limited to statewide events.
- **SHARE RESEARCH**: This is a great space to share new research or relevant tools on the **Files** page.
- **SEEK PARTNERS**: Looking for partners on a project? Sponsors for an event? Use **Actions** or **Discussions** page for this.
- **RESOURCES**: Found a new resource? Share it with the community? Use the **Files** page for this.

Thank you for your work to improve mental well-being in Minnesota!