

Psycophi | Mental Health Solutions Student Internship

Psych is Latin for mind. *Ophi* is a derivative of wisdom and healing. From our name to our philosophy, mind wisdom is what we are about at Psycophi | Mental Health Solutions. As a very brief overview, my name is Bryson Ensign. I am a physician by training and an entrepreneur by heart. I am the founder of Psycophi (pronounced, at least by yours truly, as Psy-co-fee), a company dedicated to revolutionizing mental health, one person at a time. Check out our website at psycophi.com to get a feel for what we do! Our goal is to be the #1 go-to resource for all things mental health. I am thrilled to officially invite you to join the Psycophi team in transforming the world of mental health through the BYU Mental Health Solutions Internship Program.

First, who is a good fit for this internship?

I am looking for individuals who are interested in mental health and have a desire to better the world. I am particularly looking for individuals who like to write, innovate and create. Much of what we do is with the written word. As such, we welcome anyone with a background or interest in English, content writing, creative writing, journalism, SEO optimization, etc. We also are looking for individuals interested in science, psychology, sociology or medicine. As a new start up, we also are looking for business minded people interested in getting experience in the business side of things. In short, this internship can cater to a variety of interests for a variety of people.

What does this internship entail?

At Psycophi, we are committed to fostering your personal and professional growth during the internship. To ensure a structured and impactful experience, each intern will be placed on a personalized project plan tailored to their chosen tract, as outlined below. This plan will guide your journey, helping you set goals, track progress, and make a meaningful contribution to various mental health initiatives. Here is an overview of each tract:

Tract 1: Mental Health Education

As an intern in the Mental Health Education tract, you will have the opportunity to contribute to our mission of promoting mental health awareness through a variety of educational initiatives. This tract involves:

- Creating Educational Content

Develop informative and engaging content that sheds light on various mental health disorders, such as anxiety, depression, bipolar disorder, and more. This content will help individuals understand the symptoms, causes, and available treatments for these conditions.

In addition to educating people about symptoms of poor mental health, you will help create content to help teach individuals how to develop good mental health. This will be done by producing educational material focusing on lifestyle modifications, coping strategies, and self-care practices that can positively impact mental health. Your work will empower individuals to make informed choices for their well-being.

As you can see, this tract is ideal for individuals who love to create with the written word and for those hoping to gain professional experience through writing, editing and producing high level projects. You will learn how to write professional pieces, write articles that rank high on Google through SEO optimization. You will learn how to be a content writer for a professional business. This tract will help prepare you to work in the “real world” outside of the college classroom, but remain in a low-stakes, quality educational environment.

Tract 2: Mental Health Advocacy

In the Mental Health Advocacy tract, you will play a vital role in amplifying the voice of mental health and driving meaningful change. This tract involves:

- **Social Media Outreach**

One of the challenges of mental health is the perceived (and sometimes very real) systemic stigma. Part of our goal at Psycphi is to advocate for systemic understanding, support and empathy in the realms of mental health. While this can be done in a variety of ways, we are currently focusing on using social media as a voice of good. In this tract, you will work on developing and curating impactful social media content to build a strong presence across various platforms. Your efforts will contribute to raising awareness, reducing stigma, and fostering a supportive online community. You will also brainstorm innovative ideas to enhance mental health outreach and engagement within communities and online platforms. Your creativity will contribute to expanding our reach and impact.

- **Grant Research and Application:**

For those interested in learning about grants and how to apply for them, this tract also provides the opportunity for students to learn how to research and identify potential grants and funding opportunities to support mental health initiatives. You will gain experience in grant writing and application processes to secure resources for our advocacy efforts.

This tract is ideal for students interested in advocacy and/or marketing. It is great for writers interested in creating short, catchy, educational pieces in the social media world. It also can be meaningful for individuals interested in learning how to search for and write grants and improve their technical skills. Like using social media? Why not get training and credit for doing something you love while impacting the world in meaningful ways?

Tract 3: Course Creation & Product Development

The Course Creation and Product Development Tract focuses on developing educational and informative courses and products for individuals seeking guidance and support on specific mental health topics. This tract involves:

- **Creating Educational Courses:**

At Psycophi, we have a variety of teaching methods to help those struggling with mental health. One such method is creating videos and audio courses designed to provide valuable insights and tools for individuals dealing with mental health challenges. Topics of these courses may include things such as anxiety management, understanding depression, mindfulness, coping with phobias and other relevant subjects.

- **Develop additional product ideas and concepts designed to help improve the mental health world in a variety of ways.**

Current projects we are working on include creating a series of children's books intended to normalize and teach children about mental health topics and developing journals intended specifically for individuals struggling with mental health.

This tract is ideal for students who love to create, think critically and write in ways that help people learn. It is great for individuals wanting to learn more of the media side of things, creating content for videos. It is good for entrepreneur minds, generating product ideas and concepts.

Is this a paid internship?

Can I get class credit for this internship?

How much time does this internship require?

At Psycophi, we're committed to making a difference in the world of mental health. Our dedication to providing meaningful, (mostly) free, educational resources sets us apart. However, as a newer company, we are unable to provide paid internships at this time. This might change as we receive grants and funding.

But this unpaid internship is not without value. This internship provides you the opportunity to work for a social services startup, gain essential skills, and enhance your marketability. You will receive training and guidance from professionals. You will be able to build your portfolio. You will receive valuable feedback. It is shown that students who do internships are more likely to find a job out of college and have a higher starting pay. This internship will help prepare you for future employment.

For those interested, it is possible to receive college credit for this internship as well!

As an added perk, our internships are fully virtual, so you can contribute from anywhere with an internet connection. We are also flexible regarding how much time you are able to intern for.

Choose your commitment level in time and duration. The time commitment can vary based on your availability and the amount of internship class credits you sign up for.

Conclusion:

We would love to have you join us at Psychophi | Mental Health Solutions, where you'll not only gain valuable skills but also contribute to a cause that's changing lives. This is your opportunity to make a real impact as an Intern for a company dedicated to improving mental health. Together, we can create a brighter, healthier future.

If you are interested in applying, contact Bryson Ensign
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