

Applying to Crimson Corps

What is Crimson CORPS?

Indiana University's Crimson CORPS (Caring, Open-Minded, Respectful Peer Support) is primarily a training program for undergraduate students interested in providing informal, accepting, and non-judgmental peer support. The mission of the CORPS is to promote a culture of compassion and action at IU, and to bring awareness to issues of emotional well-being within the student community. We do this through peer-to-peer support, advocacy and outreach.



Who can join?

We are looking for a diverse group of undergraduate students who offer **different perspectives** but who are bonded by a **common commitment** to our mission and shared values involving:

- A passion for helping others
- An openness to expanding their sense of compassion, tolerance, and appreciation of themselves and others
- A desire to make a difference in the lives of fellow IU students

What will I learn?

Members are **trained** and **supervised** by the **professional staff** at IU's Counseling & Psychological Services. Skills you'll acquire will be useful in all aspects of your life. Members participate in more than 30 hours of training that is both informational and experiential. Students can expect to gain the following from this training:

- Knowledge regarding various mental health issues facing college students including depression, anxiety, suicide, disordered eating/body image, sexual assault, and problem drinking/drugs
- Ability to recognize signs of distress in a fellow student
- Basic intervention skills including, listening, attending, and empathic response
- Appropriate referral techniques
- Awareness of issues preventing students from seeking help including fear, shame, stigma, or cultural issues

What will be required of me?

- Crimson CORPS is a **commitment** but one that is **rewarding** on many levels.
- Attend 1 half-day training per semester
- Attend 90-minute training sessions once per month
- Participate in monthly task team meetings
- Commit to 2 semesters (Fall and Spring)
- Participate in 2 outreach programs per semester

I'M IN! HOW DO I JOIN?

Apply [here](#) for the 2017-2018 school year by February 15, 2017. Applicants will be notified as to the status of their application by March 3. Crimson CORPS is open to undergraduate students only.