



Alison Campbell (Her/Hers/She)

Peer Mentor In-person/Tele-Health

Special interests:

Mental Health| LGBTQ+ | anxiety & depression| eating disorders| social anxiety| youth & female wellness and empowerment| grief & loss| dating & relationships| coping strategies & self-care| suicidal ideation| loneliness & isolation| body image & dysphoria| college life| existential anxiety| self-advocacy

Alison Campbell, a 23-year-old graduate of UW-Eau Claire, is a firm believer in the power of open communication about emotions and the creation of a judgment-free environment for those in need. She obtained her bachelor's degree in psychology in 2023. Alison has gained valuable experience working with young individuals facing a range of challenges, including disabilities, mental health conditions, and behavioral disorders. Being a member of the LGBTQ+ community herself, she is passionate about ensuring that others within the community feel acknowledged and embraced. During her leisure time, Alison finds joy in activities such as watching movies, listening to music, writing, engaging in art, and cherishing moments with her loved ones. Alison's personal journey has involved navigating through depression, generalized anxiety disorder, social anxiety disorder, eating disorders, body image issues, and the sorrow of losing a close family member.