



Alicia S. Raimundo

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Objective

To inspire the next generation of mental health superheroes through empowering speeches, dynamic leadership, and awareness of the issues surrounding mental health. By being honest and open with my story, I hope to show young people that mental health can be overcome and that we can affect real change to make the journey to recovery easier for others.

Speaking Experience

TEDxWaterloo : Mental health Superheroes

March 21st 2012

Invited to speak at TEDxWaterloo, the largest TEDx conference in North America. TEDxWaterloo is an independently organized TED event (www.ted.com). Was requested to speak out of over 2000 applicants and received a standing ovation for my moving talk.

TV/Conference appearances

February 2011 – Present

Spoke on TV for Bell Let's Talk Day, Canada AA's Speaking Out On Suicide, and various local Rogers talk programs. I have also spoken at conferences to remind academics and school administrators alike the importance of involving the youth voice through meaningful engagement. My conference appearances also involve speaking with the media including The Star and CBC.

Various Universities and High Schools

October 2010- Present

I have received numerous speaking requests to aid universities and high schools during their mental health awareness weeks. I encourage young people to learn about mental health and how they can help themselves, or a friend. I also encourage them to take a stand and be in charge of their mental health. I have spoken out with a local Toronto program called Talk to Youth Lately, which travelled to different high schools and teaching conferences to speak out about mental health and what mental health needs.

Speaking with ICOPEU September 2011 – Present

I helped with the re-vamp of www.icopeu.com website, and have also spoken at conferences about the usefulness of the product to post-secondary educational institutions.

Talking with the Waterloo Region Suicide Prevention Council

September 2011 – Present

As working with local and global mental health is of great importance, I have spoken on behalf of the WRSPC numerous times throughout my undergrad. I have spoke at Suicide Prevention Days as well as the TABU music festival. I shared my story and message of hope against stigma.

Speaking with Igetreal.ca

April 2011 – June 2011

As a part of the development team for igetreal.ca, I spoke to media in order to create hype around the PSA. I spoke to the CBC and the London Free Press about my experience creating the PSA and how it is useful for youth with mental health issues, sharing my own personal experience.

Experience

Young Adult Team Member, Mobilizing Minds

Nov. 2011 - Present

- Work on a combined team of youth, researchers, and community partners
- Research ways to transfer mental health information from academics to youth
- Lead of the social media small team responsible for building the MM brand
- Conducted usability and field testing on soon to be released "Mind Pack" tool
- Public speaking lead on the on campus initiative



- Intentional Superhero**, MindYourMind Nov. 2010 – Present
- Working to create a stigma free environment for youth to discuss mental health.
 - Advised content inclusion New Mobile Therapy Application
 - Worked on "Igetreal.ca" PSA which ran on CTV nationally during April/May 2011
 - Spoke on MTV for Bell Let's Talk Day in Feb. 2011
 - Interview Bands, Politicians, Activists and other public figures on youth mental health
 - Writes blogs that resonate and facilitate conversations among youth.
- Co-creator of the Almond Mental Health and wellbeing community site** August 2011 – Present
- Created out of a final year project that indicated the important of community and anonymity for help seeking behaviors for Mental Health Issues.
- Games Coordinator at Grand River Hospital** June 2011- Present
- Ran various games within the in patient services to help increase social interaction as well as to encourage the patients to have some fun.
- Facilitator, Young Survivors Group**, Self Help Alliance November 2011 – May 2012
- Created a safe space to speak about personal mental health experience
 - Used personal experience to motivate and teach youth coping skills
 - Empowered youth to create change in their community
- Research Positions**, Various Organizations January 2009 – April 2012
- Usability, Research In Motion (Sept – Dec 2011) : blackberry track pad usability testing
 - Research Assistant, Dr Myra Fernandes (2009 –2012) researched and implemented psychology studied on neuroscience
 - Research Assistant, Dr. Brown (Summer 2011) researched and implemented organizational behaviour studied
 - Market Research analyst, IDC (Winter 2011) prepared surveys, analyzed data, and prepared presentations
 - Usability Researcher, OpenText (Summer 2010) prepared surveys, analyzed data, prepared and presented presentations.
 - Research Assistant, Dr. Holmes (Winter 2010) analyzed data on relationship study
 - Research Assistant, DRDC (Fall 2009) usability testing on unmanned aerial vehicles
 - Research Assistant, Dr. La Guardia (Summer 2009) relationship research
 - Research Assistant, Environment Canada (Winter 2009) historical weather research
- Intake Volunteer at KW Counseling** May 2011 - June 2011
- Input clients information into the system and performed basic level functioning assessments
- Performer at Talk to youth lately** Jan 2011 - May 2011
- Circus show that travelled around to Ontario schools to teach about mental health issues - acted, balanced objects on my chin, sang and learned some cool things about the circus - fielded kids questions about mental health issues, particularly those around suicide.
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- Hospitality Volunteer at Mosaic Counseling + Family services** Sept. 2010 – Dec. 2010
- Creating a comforting and peaceful environment for clients in anxiety group
- President**, Arts and Business Society Jan 2008 - April 2009
- President of the Arts and Business Student Society, attempting to create community and conversations between Arts and Business undergraduates.
 - Worked to create a larger Business Society at the University of Waterloo
- Volunteer and Photographer**, Psychology Society Jan 2008- Jan 2010
- General Volunteer
 - Wrote and took pictures for the Psychology Paper, Psych News.
- Casual Writer at Imprint** Sept. 2008 – Dec.2008



- Wrote Articles, most memorable of which was on laser tag.

Education

B.A., Honors Psychology and Business CO-OP, University of Waterloo Sept. 2007- August 2012
Studied Psychology and Business, under the Arts and Business program. Also completed the CO-OP program, which gave her unique job experiences during her undergrad.

Skills

Research, Public Speaking, Youth engagement and advocacy, leadership, facilitating, Technology, Acting, Singing, Beginner Sign Language and Portuguese, Improv, Writing (Blogs, books etc.), photography, poetry, and saving the world.

References Available Upon Request