

M Home

Peer Support Advocates

Name	Class of...	Email@umich.edu
Ahab Chopra	2029	ahabc
Ally Grossman	2024	gralexan
Anisa Haque	2023	hanisa
Charlotte Kreger	2025	chkreger
Erin Kim	2025	erkim
Faith Horbatch	2023	hfaith
Gabriella Auchus	2025	gcauchus
Gabriella VanAken	2024	vanakeng
Jessica Carducci	2025	jcarducc
Kenzie Corbin (co-chair)	2023	cmccorbin
Kirin Saint	2024	ksaint
Kristin Geczi (co-chair)	2023	kristitg
Lauren Gaston-Hawkins	2023	lgastonh
Mark-Anthony Lingaya	2023	marlinga
Reni Forer	2025	reforer

Scroll down to read our Advocate's bios!
Everyone on this list is eager to provide support.

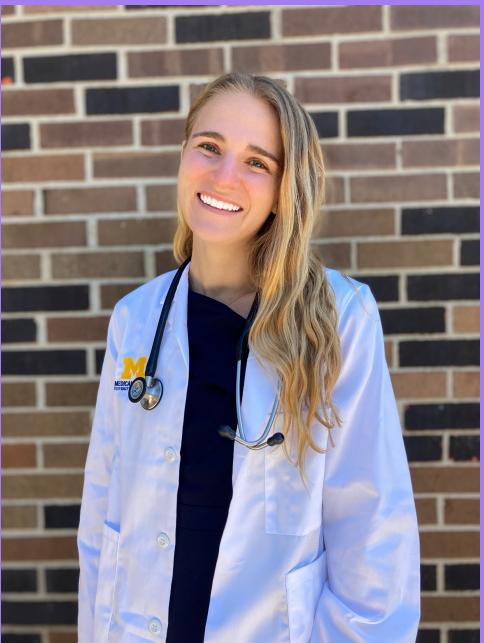


AHAB CHOPRA

Hi y'all! My name is Ahab and I'm from California. I crossed the country for college, graduating from Harvard in 2021 with a BA in Chemistry and Neuroscience, and moved across the country (or at least half of it) again when I moved to Ann Arbor. I'm really passionate about mental health and would love to chat about anything from your favorite Trader Joes snacks to what mental health resources might look like for you and everything in between. Feel free to reach out at ahabc@med.umich.edu!

MHOME: SALK HOUSE
CLASS OF 2029





ALLY GROSSMAN

Hi everyone! I'm originally from Germantown, MD. I went to Yale for undergrad where I got my B.S. in Psychology, then pursued an MSW focusing on child and adolescent mental health at USC. After some scary familial health issues and wanting to explore the scientific side of mental health more, I decided to attend Goucher College where I got a post-baccalaureate pre-medical certificate. Following taking all of my pre-med classes in a year, I came here! If you have any concerns or questions about being a non-traditional student with a non-science background, I am always free to chat! To me, mental health is intertwined in every aspect of our lives. By prioritizing our mental health, we can set off a cascade that improves wellness in our lives overall. Everyone struggles with mental health to some degree and it is important to know that you are not alone. If you want someone to just listen, or someone to help link you to resources, you can reach out to me!

Email: gralex@umich.edu

MHOME: HAMILTON HOUSE
CLASS OF 2023



ANISA HAQUE

Hi all! I'm from the Boston area excited to offer my help as a resource. I peer counseled with a student support service during my undergrad, and am incredibly grateful for the opportunity to continue similar mission here at UMMS. I can't stress enough how normal it is to reach out for help, and would love to integrate into your support systems. Any forms of contact and communication work for me - I adore them all and want to make sure you're at your most comfortable when undertaking such an important step in addressing your mental health needs. Take the leap, overcome the stigma - reach out!

Email: hanisa@umich.edu

MHOME: SALK HOUSE
CLASS OF 2023





CHARLOTTE KREGER

Hi all! I'm originally from Narragansett, Rhode Island. I went to Harvard for undergrad, where I got my degree in Evolutionary Biology. After graduating, I worked as an EMT in Boston, did research in the emergency department at Massachusetts General Hospital, got a master's from Brown, worked on a political campaign, and then worked in RI State Government in the Office of Health and Human Services working on mental health and substance use disorder programs. So, clearly, I had a bit of a non-traditional path to medical school and am happy to chat all about that and the potentially associated struggles. I'm also here for anything else you might need! Med school is a crazy time! As much as 'wellness' is prioritized, it still feels hard to focus on your mental health when you have a million Anki cards to get through. Just know that we're here for you and ready to listen whenever you need it.

Email: chkreger@med.umich.edu

MHOME: HAMILTON HOUSE
CLASS OF 2025



ERIN KIM

Hi friends! Constantly moving throughout my upbringing has taught me the importance of finding local support systems in my own community, and I strive to be that source of support for you all. During college, I had the opportunity to learn and volunteer with a peer counseling program, which shed light on the impact that just one conversation can make, and I've been continuing my journey of growth, now as a suicide hotline volunteer. No one remains immune to burnout and stress ~ we are in this together ~ so please reach out. I'll be ready for conversations, coffee dates, or anything that'll make your day better :)

Email: ekim@med.umich.edu

MHOME: FITZBUTLER HOUSE
CLASS OF 2025





FAITH HORBATCH

Hello! I'm born a born-and-raised University of Michigan fan. I grew up in Northville, MI and graduated from University of Michigan undergrad in December 2017 with a degree in Biopsychology, Cognition, and Neurosciences. I've always cared deeply about the mental health of my friends, family, colleagues, and myself. However, I know how difficult it can be to not only identify that you might need help but also feel empowered enough to reach out. Please know that I would love to connect with you about anything, whether it be great restaurants to try nearby, dealing with comparing yourself to others, feeling anxious in presentations or before exams, or taking a quiet walk together in the Arb :) I'm here for you!

Email: hfaith@med.umich.edu

MHOME: SALK HOUSE
CLASS OF 2023



GABRIELLA AUCHUS

Hello hello! I'm so happy you're here. My name is Gabriella. I went to WashU for undergrad, where I studied psychological & brain sciences and fell in love with St. Louis. I took one gap year in Boston working as a medical assistant in dermatology and enjoying the beauty of the East Coast. Some things I love: coffee shops, dogs, sunshine, Trader Joe's, and friends. At WashU, I was a crisis counselor and community mental health outreach coordinator for a student-run peer counseling service. I am very passionate about mental health advocacy and reducing the stigma around talking about mental illness. Wellness is so important for happiness, success, and fulfillment- and I look forward to brainstorming ways we can maximize your wellness! I want to support you because I love listening and I think everyone needs someone to talk to, especially medical students. (It's hard here!) No matter is too big or too small, so please please reach out!!

Email: gcauchus@med.umich.edu

MHOME: FITZBUTLER HOUSE
CLASS OF 2025





GABRIELLA VANAKEN

Hi everyone! My name is Gabriella. I have become interested in mental health after growing up in areas where it was seen as socially unacceptable to admit to any type of emotional shortcoming. My own experiences with mental health difficulties, including generalized anxiety and obsessive compulsive personality disorder, have taught me the importance of finding balance in life and creating a positive environment. My goal as a peer support advocate is to be a confidential and supportive listening ear to anyone who is struggling to balance their mental, physical, and emotional wellbeing and to help my peers to never feel alone in this journey.

Email: vanakeng@med.umich.edu

MHOME: FITZBUTLER HOUSE
CLASS OF 2024



JESSICA CARDUCCI

Hi everyone! My name is Jess and I am originally from New Jersey. I graduated from UPenn in 2018 with a BSN. During my three gap years I was completing post-bac pre-med studies, working in adult congenital heart disease research, and working as an RN. From what I have learned in the last 5 years from my own experiences with depression & anxiety is it's okay to ask for help and it doesn't make you weak. If we cannot take care of ourselves, then we cannot take care of others very well, and we will be taking care of others (our patients) for a very long time! Struggling with your mental health while being immersed in an academic setting can be so exhausting, overwhelming, and seem like a never ending hole. I want to normalize asking for help and speaking up about these struggles and be there to listen to my classmates when they are struggling. Because of my nursing background, I have also already been exposed to a great deal of traumatic experiences in the hospital. Being a frontline worker during COVID last year illuminated the emotional toll these types of experiences can have on healthcare providers, myself included. I want to normalize talking about the things we witness as medical students as much as I can by serving as a resource/outlet for anyone who needs to talk about anything. Please don't hesitate to reach out!

Email: jcarducc@med.umich.edu

MHOME: SALK HOUSE
CLASS OF 2025





KENZIE CORBIN

Hi everyone! I'm Kenzie, and I'm originally from Cincinnati, Ohio. I graduated from Lafayette College in 2018 with degrees in neuroscience and in French and a minor in bioengineering. After I graduated, I took one gap year before teaching English to middle and high school students in Lille, France. I'm passionate about the importance of finding balance in life. I believe in integrative medicine and as an RYT-200 and Reiki level I/II instructor, I am happy to share healing techniques! I catch me on my Peloton, going on long runs to train for a race, babbling about essential oils and meditation, or watching a French film! I wanted to become a peer mentor to serve as a resource for other struggling students. You are not alone! Please reach out.

Email: cmcorbin@umich.edu

MHOME: SALK HOUSE
CLASS OF 2023



KRISTIN GECZI

Hi, I'm Kristin Geczi, and I am from St. Louis, MO. I attended Washington University in St. Louis for my undergrad, majored in anthropology, and graduated in 3.5 years. I took 1.5 years off before starting medical school during which I worked at a summer camp for children with cerebral palsy and helped teach freshman chemistry laboratory at Wash U. Outside of school, I like painting, baking, and crocheting. I really enjoy being outside and exercising for wellness. Feel free to reach out if you want to talk about imposter syndrome, school-life balance (or lack thereof), transitions, finding time for interests outside of medical school, or just want someone to talk to. Medical school is hard and it can be so easy to get stuck in your own head and think you are alone in all of this. I believe you're not and would be delighted to provide an open mind and listening ear for anyone. Email: kristitg@umich.edu

MHOME: FITZBUTLER HOUSE
CLASS OF 2023





MARK-ANTHONY LINGAYA

Hi everyone. I was originally born in the Philippines, but moved to New Jersey when I was in grade school. I came out to the mid-west to attend undergrad here at University of Michigan, and stayed for medical school. Outside of school, I love hanging out with my 2 year-old corgi King, as well as working as a mentor for minority premed undergrads here at U of M, through the Office of Academic Multicultural Initiatives. I believe that there needs to be a culture shift in medicine and medical training regarding how we view burnout and expectations surrounding self-care, and sacrifice for one's work. Serving as a peer advocate allows me to contributing to that culture shift. I love interfacing with any and all of my classmates, but I especially can connect with peers identifying as: underrepresented in medicine, first generation, immigrant, out of state.

Email: marlinga@umich.edu

MHOME: SALK HOUSE
CLASS OF 2023



RENI FORER

Hi! I'm Reni! I moved around a lot growing up, but was born in Israel and have spent time living on both coasts and abroad since then. I graduated from U.C. Berkeley in 2019 with degrees in Cognitive Science and Molecular and Cellular Biology and became really passionate about mental health partly because of the psychology courses I took there and partly through the struggles my friends and I went through during that time. I moved here to Michigan from California, after spending my first and the end of my second gap year working in San Francisco. Part of my time between undergrad and medical school was spent doing research on stigma towards addiction in Israel, which further heightened my interest in mental health and the persistent stigma towards it. My experience with my own mental health challenges, as well as those of loved ones, has made it so important for me to work towards creating a community where people feel comfortable reaching out to ask for support. There is still so much stigma towards mental illness and mental health, especially in the medical community, but one of my goals as a medical student and future physician is to work towards changing that! I hope one day we can all feel safe being open about our individual struggles with mental health and be able to easily access the resources that will support us. I am here for you whether you need someone to just listen or want help connecting to other formal resources in the community. I'm here to talk no matter what you're struggling with, but I have personal experience with anxiety and depression, the difficulties of being in a long-distance relationship in medical school, eating disorder recovery, loneliness and difficult transitions, and supporting loved ones through their own mental health challenges. Email: reforer@med.umich.edu (I'm also happy to chat over text, a phone call, or in person!)

MHOME: FITZBUTLER HOUSE
CLASS OF 2025

