

# Student Mental Health and Wellness Policy

Office of Administration	Office of the Associate Vice President, Students
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- a) Studentcentered;
- b) Equity, diversity and inclusion;
- c) Knowledgeinformed;
- d) Health promotion and reducing harm;
- e) Thriving community and culture of wellbeing; and
- f) Continuous improvement.

#### 4. Objectives

1. Promote a sense of Community and Belonging: Work with students, staff and faculty to address social isolation among students.
2. Provide Resources to students, staff and faculty: Ensure that all members of our community have access to a range of culturally appropriate mental health and wellness services and supports, including counseling, workshops, and peer support as well as easily accessible, less formal supports.
3. Promote Awareness both of resources available and to destigmatize mental health challenges Increase awareness and understanding of mental health and wellness services available on campus and off campus among students, faculty, and staff. Further, promote education and awareness with a goal of destigmatizing mental health challenges in the community.
4. Address Existing Structural and Administrative Challenges: Students have identified that much of their ongoing stress and frustration arises from challenges created by Laurentian's own systems; work with students to identify and address such challenges.
5. Encourage Help Seeking Foster an environment that encourages students to seek help and support when needed.
6. Support Academic Success Implement strategies to support students facing mental health challenges in achieving their academic goals.
7. Promote Equity, Diversity and Inclusion: Take appropriate steps to ensure that students with mental health challenges can participate in all aspects of the Laurentian community in an equitable, inclusive fashion, and to identify and remove barriers to such participation.
8. Collaborate with Community Partners: Work with community partners, student organizations, and mental health professionals to enhance the mental health and wellness resources available to students, staff and faculty.
9. Respond to Changing Student Needs Create and maintain a consistent process by which students, staff and faculty can adjust mental health and wellness supports to address changing student needs.



## 5. Address Structural and Administrative Barriers

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## 8. Report