

A photograph of a person with long, curly hair sitting on a green lawn, leaning against the base of a large, leafy tree. The person is wearing a dark jacket. The background shows a wide, open grassy area with more trees in the distance, some with yellowing leaves, suggesting an autumn setting. A purple banner is overlaid on the top right of the image, containing the text 'WELLNESS AND WELLBEING WORKSHOP' in white, bold, serif capital letters.

WELLNESS AND WELLBEING WORKSHOP

LAND ACKNOWLEDGEMENT



We/I acknowledge that Western University is located on the traditional lands of the Anishinaabek (Ah-nish-in-a-bek), Haudenosaunee (Ho-den-no-show-nee), Lūnaapéewak (Len-ahpay-wuk) and Attawandaron (Add-a-won-da-run) peoples, on lands connected with the London Township and Sombra Treaties of 1796 and the Dish with One Spoon Covenant Wampum. This land continues to be home to diverse Indigenous peoples (e.g. First Nations, Métis and Inuit) whom we recognize as contemporary stewards of the land and vital contributors of our society.

AGENDA

- Objectives
- Common Mental Health Issues that Students Face
- Signs
- Strategies for Support
- Resources
- Tips for Wellness
- Questions

WORKSHOP OBJECTIVES



Upon completion of this workshop, you will:

- Better understand common mental health struggles
- Be able to examine, distinguish, and identify risk factors and symptoms
- Recognize strategies for support
- Understand resources available



MENTAL HEALTH

MENTAL HEALTH DEFINED



“A state of well-being in which the individual realizes his or her [their] own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community” – World Health Organization



STUDENT MENTAL HEALTH CONCERNS

COMMON CONCERNS



Struggles commonly experienced by post-secondary students:

- feeling overwhelmed, helpless, or hopeless;
- lacking motivation to engage in their studies;
- struggling to fit-in socially;
- feeling isolated and homesick;
- experiencing intense pressure to succeed;
- facing financial stressors;
- experiencing racism, gender inequity, harassment, LGBTTIQQ2SA+ issues, and sexual violence.

COMMON ISSUES



Western University students report the following factors affect their academic performance:

	Western University	Canada
Stress	33.3%	38.6%
Anxiety	27.4%	28.4%
Sleep Difficulties	24.2%	27.1%
Cold/Flu/Sore Throat	19.9%	21.6%
Depression	17.8%	17.3%



SIGNS AND SYMPTOMS

SIGNS AND SYMPTOMS



According to the Canadian Society for Medical Laboratory Sciences, these are ten common warning signs indicative of mental health concerns:

- Persistent feelings of sadness or consistently withdrawn
- Severe and intensified risk-taking behaviours
- Sudden overwhelming fear with no perceived cause
- Restricting food, bingeing and purging, or using laxatives to lose weight
- Seeing, hearing, or believing things that are not real
- Persistent and excessive use of drugs or alcohol
- Drastic changes and fluctuations in mood, behaviour, personality, and sleeping habits
- Extreme difficulty concentrating or staying still
- Intense worries or fears that get in the way of daily activities
- Trying to harm oneself or planning to do so

Adapted from <https://mentalhealth.csmls.org/i-am-a-student/>



STRATEGIES & SUPPORTS

SELF-CARE STRATEGIES



The Fort Garry Women’s Resource Centre (2016) describes self-care as “care provided ‘for you, by you’”. These are a few self-care strategies:

- Spend time with people whose company you enjoy
- Stay in touch with people important to you
- Recite positive affirmations, give yourself praise, and celebrate achievements
- Allow yourself to feel mad, sad, frustrated, happy, excited, etc. and connect with people who support and validate these feelings
- Practice reflective and relaxing activities; write in a journal, meditate, read, workout, take a bath – anything that gives you space to feel a sense of peace
- Prioritize sleep, nutrition, social connections, exercise, and mindfulness
- Be kind to yourself; notice limiting beliefs and judgements
- Ask for help when you need it

Reflection: What things, experiences, places or people make you feel good and positively contribute to your mental health?

STRATEGIES TO SUPPORT OTHERS



We all play a role in promoting mental wellness, here are some tips for supporting others:

- Reach out and talk to your friend. Start the conversation with some of these opening lines:
 - “I’ve noticed you’ve been down lately. What’s going on?”
 - “Hey, we haven’t talked in a while. How are you?”
 - “Are you OK? You don’t seem like yourself lately.”
- Ask them what they need – we all need to know others care about us
- Be there to listen. They need you to be warm, compassionate and fully present. Listen empathetically to understand where they’re coming from
- Connect them to help; encourage them to seek support.
- If you are concerned about a friend reach out to a counsellor on campus for suggestions on how to best support them

WESTERN MENTAL HEALTH SUPPORTS



Last year **20,000** appointments at Student Health Services were related to mental health

There are three services under the Wellness and Wellbeing Pillar that can support students with mental health concerns:

- Health and Wellness
- Student Support and Case Management
- Wellness and Equity Education

HEALTH & WELLNESS

This is no fee service available to all current Western University students. Services include:

- Individual Counselling
- Crisis Counselling
- Group Care and Workshops
- Black and Racialized Student Supports
- LGBTTIQQ2SA+ Supports

To make an appointment with a mental health counsellor call 519-661-3030

Counselling Hours: Mon-Thu 9am-7pm and Fri 9am-5pm

Please visit our website for more information on services offered: <https://www.uwo.ca/health/psych/index.html>

STUDENT SUPPORT & CASE MANAGEMENT

Assists students by facilitating a coordinated response for students experiencing distress, disruptive behaviours, and other challenges at the individual and community level.

- Student Support Case Managers
- Conduct Case Manager
- Gender-Based Violence and Survivor Support Case Manager

Students can self-refer to the Office of Student Support & Case Management as can concerned staff/faculty

WELLNESS & EQUITY EDUCATION

Provides students with educational opportunities that leads to a supportive, inclusive, and thriving campus. This includes information, resources, and training in the following areas:

- Gender-Based Violence Prevention
- Gender and Sexual Diversity
- Equity and Inclusion
- Spiritual Well-being

Visit the Wellness and Equity Education webpage for more details: <https://www.uwo.ca/se/digital/types/equity/index.html>

COMMUNITY RESOURCES

- Good 2 Talk - Phone 1-866-925-5454 or Text "GOOD2TALKON" to 686868
- CMHA Reach Out Line - Phone or Text 519-433-2023
- Inuit and First Nation Hope for Wellness Line - Phone 1-855-242-3310
- LGBT Youth Line - Phone 1-800-268-9688
- The Canada Suicide Prevention Service - Phone 1-833-456-4566