Student Mental Health:
Promotion, Advocacy and Education

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Why focus on student mental health?
American College Health Association's National College Health Assessment: Mental Health Survey for post-secondary students https://www.acha.org/NCHA/NCHA_Home
- Number of students increasing, MH resources/supports not on the increase
- Drop-outs & suicides at our University and department due to mental health
- Library offers a unique place

iStudents for Mental Health works in collaboration with student groups and community leaders toward our goals to:
- Foster dialogue, peer connections, & community on issues of mental health that commonly affect university students;
- Advocate for greater expansion, improvement, & accessibility of U of T student resources for mental health;
- Advocate for mental health related training/preparedness for librarians & information professionals.

Considerations/Environmental Scanning
- Connect with community members/leaders, and related groups
- Investigate existing programming/educational models, internal & external to your institution - seek out, attend, & reflect on the value of this programming in relation to your community
- Investigate existing resources your community members have access to - keep up-to-date, reliable info on resources
- Know your community needs - programming of interest, timing, location
- Know the resources you have access to, funding, space, communication networks (listservs, advertisement space in library)

Think-pair-share
- What you can do *tomorrow* in your library to help integrate and support mental health in your library community?
- What you can do on Monday to showcase mental health as a priority in your library?
- Which folks could you reach out to on Monday to get the ball rolling?
- Would any of the initiatives shared in the presentation be replicable in your community?
- Are there initiatives in your community that you could attend, remix, or integrate?
- Which considerations really stood out for you?
- What additional considerations should be added to the list provided?

Resource List - February 1, 2019

- *iStudents for Mental Health*
https://istudentsformentalhealth.com/
https://www.facebook.com/groups/iStudentsForMentalHealth/
- *Inforum Library*
https://inforum.library.utoronto.ca/

- *American College Health Association/National College Health Assessment*
https://www.acha.org/documents/ncha/ACHA-NCHA-II_ReferenceGroup_ExecutiveSummary_Spring2013.pdf

PROMOTION
- *Report of the Provostial Advisory Committee on Student Mental Health* (U of T)
https://www.provost.utoronto.ca/wp-content/uploads/sites/155/2018/03/Report-on-Student-Mental-Health.pdf (Note: Keye's Dual Continuum Model is on page 12.)
- *Post-Secondary Student Mental Health: Guide to a Systemic Approach* (Canadian Association of College and University Student Services (CACUSS) and the Canadian Mental Health Association)
https://healthycampuses.ca/wp-content/uploads/2014/09/The-National-Guide.pdf
- *5 Ways to Wellbeing* (U of T Mississauga Health & Counselling Centre)
https://www.utm.utoronto.ca/health/health-promotion/mental-health/5-ways-wellbeing

EDUCATION
- *Mental Health First Aid Canada* https://www.mhfa.ca
- *safeTALK iSkills Workshop* https://inforum.library.utoronto.ca/workshops/safe-talk-certificate-program-suicide-alertness
- *Organizing SafeTALK at U of T* https://www.studentlife.utoronto.ca/cld/safetalk
- *How to organize SafeTALK in your area* https://www.livingworks.net/programs/safetalk/
- *Wellness Recovery Action Planning (WRAP)*
https://reddeer.cmha.ca/programs-services/wrap-wellness-recovery-action-planning/
- *Stella's Place* https://stellasplace.ca/

ADVOCACY
- *University Mandated Leave of Absence Policy (UMLAP)*
http://www.governingcouncil.lamp4.utoronto.ca/wp-content/uploads/2018/06/p0627-umloap-2017-2018p.pdf
- *University of Toronto Faculty Association's (UTFA) Open Letter regarding UMLAP*
https://www.utfa.org/sites/default/files/Sandy%20Welsh%20let%2015_Dec_17_no%20signature.pdf
- *Mandatory Leave Response Group (Facebook group for students)*
https://www.facebook.com/groups/mandatory.leave.response/
- *Resource List for Mandatory Leave Response Group*
https://bit.ly/2UrA0OD