Wellness & Support for Grad Students

Presented by: Jesse Singer
Student Support Case Manager
Student Support Case Management

• Part of student affairs:
• student advocacy and case management office (SACM)
• 2 staff (Jesse and Jodie)
• Provide wrap around social work services for students in crisis or significant need of supports
• Goal: helping you find wellness in your life.
Health vs. Wellness

**Health:**
- Condition of being of sound body with emphasis on freedom from pain and disease.

**Wellness:**
- A multi-dimensional state of well-being, a holistic approach to life that encompasses physical, emotional, intellectual, spiritual, social, environmental, and occupational.
“Parts of you”

- Spiritual: Meaning, peace, connection
- Social: Friends and relationships
- Emotional health: mood, energy, overall feeling
- Academic: How are my classes going?
- Physical health: How is my body feeling?
- $$ Money $$
- Environment: where I live, study, work
Partner Break-Out (5 minutes)

• 1: Take turns introducing yourself to the person on your left (name, where you’re from, and what you are studying

• 2: Take turns asking partner what are a couple of things that come to mind when they think of wellness? What is wellness for them, and what is one thing they do to keep well?
Mentimeter time!
Social Support System

- Karen's Parents
- Support worker
- Karen's Brother
- Karen's School Friends (2)
- Circle of Support Girlfriends (6)
- Neighbour
- Neighbour
Social Support/Community

Search for “UM commons” (on umanitoba.ca) Click on “Student Communities”

• Indigenous Students (Indigenous student centre)
• LGBTQ students
• Student Parents (email Jesse.singer@umanitoba.ca)
• Student groups etc.

Student Clubs (UMSU.ca & UMGSA.ca)
International Students

International Centre
Meet with an advisor, welcome mentor
Attend workshop etc.
541 University Centre
Email: international@umanitoba.ca
• Phone: 1-204-474-8501

Student Communities
on U of M website

UMISO (University of Manitoba International Student Organization)
www.umiso.ca
Instagram@umiso
Environment (housing/school)

Safety Concerns

Campus Security Services
204-474-9341
555 on campus phone
#555 on MTS or Rogers cell phones
Blue Outdoor Emergency phones and
Red Indoor Emergency Phones

Winnipeg Police Services
Emergency: CALL 911
Non emergency: 1-204-986-6222

Housing Concerns

Looking for a place to live in Winnipeg:
Off campus housing:
https://och.cc.umanitoba.ca/
https://newjourneyhousing.com/

U of M Student Residence

Rental concerns:
Residential Tenancies Branch
1700 - 155 Carlton Street
Telephone: 204-945-2476
Website:
https://www.gov.mb.ca/cca/rtb/index.html
Assault/Harassment/conflicts

Sexual Violence Resource Centre

• svrc@umanitoba.ca
  204-474-6562
  Staff hours: M-F 8:30 a.m - 4:30 p.m.

Human Rights and Conflict Management Office

• human.rights@umanitoba.ca
• 204-474-6348
• 204-474-7526
# Financial Supports

**Financial Aid and Awards**
(Bursaries, scholarships, emergency loans, etc.)

4<sup>th</sup> floor university centre

**University food bank**
518 University Centre
Drop in every three weeks.
Bring your student ID with you.

**Harvest Manitoba Food Bank**
Multiple locations for food pick up every other week.
Website: [https://winnipegharvest.org/](https://winnipegharvest.org/)

**UMSU/UMGSA**
Emergency Grant/Hardship fund

**Career Services**
(Help with finding a job, resume etc./guidance with career)
Mental Health Support

Student Counselling Centre
Free 1/1 counselling, groups and workshops, addiction, relationship issues, mental health etc.
474 University Centre
1-204-474-8592

Healthy U
Mental health education and peer support
https://www.healthyuofm.com/

Empower Me
Empower Me: is a short-term counselling service, in various languages, for immediate crisis support. Call the 24/7 helpline at 1-844-741-6389 from anywhere in North America.

Emergency Resources
9-11

Klinic Crisis Line
24/7 help with phone call
1-204-786-8686

Mobile Crisis Line
24/7 help with phone call
1-204-940-1781

Crisis Response Centre (CRC)
817 Bannatyne Avenue
Physical Health

Recreation Services (Gym): Joe Dupe Recreation Centre (Bannatyne Campus)
Active Living Centre
430 university crescent

University Health Services (doctors)
100 University Centre
Phone: 204-474-8411
*You can call or go to the front desk to make appointments.

Walk In Clinics (doctors)
There are walk in clinics all over Winnipeg so that you can find one close to where you live or study

Hospital (Urgent Care/Emergency Room)
For example: Victoria General Hospital has Urgent Care
Don’t forget the basics
Academic Support

Academic Learning Centre (205 Tier)
Workshops, tutors, academic support

Grad Steps
(workshops for graduate students)

Student Advocacy
520 University Centre
Call or email to make an appointment.
Phone: 1-204-474-7423
Email: stadv@umanitoba.ca

Student Accessibility Services
(students with a disability)
520 University Centre
Call or email to make a consult appointment.
Phone: 1-204-474-7423
Email: stadv@umanitoba.ca
Spiritual Care

Edgar French, Spiritual Care Coordinator
102C University Centre
Phone: 1-204-474-7005

Faith Based Student Groups
Website: https://umsu.ca/get-involved/student-clubs/

Local Faith Based Organizations
Positie Mindset is half the battle

• YOU GOT THIS!
Student Support Case Management

Call or email to make an appointment

Phone: 1-204-474-7423
Email: stadv@umanitoba.ca

• OR

• Contact Student Support Case Managers
  • Jesse Jesse.Singer@umanitoba.ca
  • Jodie Jodie.Schoenbeck@umanitoba.ca