

# Success through Wellness

## University of Manitoba's Campus Mental Health Strategy-at-a-Glance

2014

### **SUCCESS THROUGH WELLNESS MISSION:**

*Examine all aspects of the university in striving to be a community that is committed, caring, healthy, responsive, supportive, and resourceful.*

### **A COMMITTED COMMUNITY**

Review campus mental health-related profile, policies, and procedures to enhance commitment to a comprehensive and sustainable approach to campus mental health.

Priority Areas to be addressed:

- \* INSTITUTIONAL PROFILE
- \* POLICIES AND PROCEDURES

### **A CARING COMMUNITY**

Engage faculty, staff and students in creating a campus climate and environment that promotes positive mental health, and strives to prevent mental health problems and illnesses.

Priority Areas to be addressed:

- \* RESPECT AND INCLUSION
- \* SAFETY
- \* COMMUNITY BUILDING
- \* ORIENTATION
- \* CAMPUS ENVIRONMENT
- \* SUPPORT FOR BASIC NEEDS

### **A HEALTHY COMMUNITY**

Build awareness of mental health and its important relationship with academic and workplace success.

Priority Areas to be addressed:

- \* MENTAL HEALTH PROMOTION
- \* HOLISTIC HEALTH AND WELLNESS
- \* SUBSTANCE USE AND ADDICTIONS
- \* TRANSITION FROM HIGH SCHOOL TO UNIVERSITY
- \* STIGMA REDUCTION

### **A RESPONSIVE COMMUNITY**

Educate and equip faculty, staff and students to respond to early warning signs of mental health issues and when to seek additional support.

Priority Areas to be addressed:

- \* MENTAL HEALTH TRAINING
- \* STUDENT HELP-SEEKING
- \* EARLY IDENTIFICATION AND INTERVENTION

### **A SUPPORTIVE COMMUNITY**

Increase the accessibility, availability, integration and effectiveness of mental health services available to faculty, staff and students.

Priority Areas to be addressed:

- \* INTEGRATED SERVICES AND SHARED CARE
- \* ACCESS TO STUDENT MENTAL HEALTH SERVICES
- \* SUPPORT FOR EMPLOYEES WITH MENTAL HEALTH PROBLEMS AND ILLNESSES

### **A RESOURCEFUL COMMUNITY**

Build awareness of the signs of a mental health crisis or suicidal thinking, and the appropriate responses and resources for referral.

Priority Areas to be addressed:

- \* CRISIS INTERVENTION AND SUICIDE PREVENTION
- \* POST-TRAUMA SERVICES



### **AN INCLUSIVE VISION FOR THE FUTURE**

Realizing the benefits and potential of the campus mental health strategy will involve efforts from all corners of the University of Manitoba.

Our plan will be monitored for progress and outcomes, with an annual report tabled and highlights of successful initiatives profiled by campus media sources.

To access the full version of *Success through Wellness: University of Manitoba's Campus Mental Health Strategy*, see <http://umanitoba.ca/student/mentalhealth/mh-strategy.html>