



# Let's Talk Mental Health

@ Healthy Minds |  
Healthy Campuses  
2019



SFU  
HEALTH &  
COUNSELLING

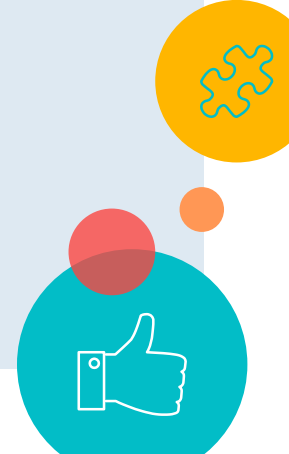


S.H.A.C.  
STUDENT HEALTH ADVISORY COMMITTEE



Welcome!

Together we will cover:

- Introductions
  - Overview
  - Community Guidelines
  - Workshop Questions
  - Research Outcomes
  - Questions
- 



# Student Health Advisory Committee

**Student-run at Simon Fraser University**, whose campuses are located on the traditional land of the Coast Salish Peoples.

Work closely with the Health Promotion Team in shaping the **Healthy Campus Community (HCC)** through student engagement, feedback collection, and action.

We aim to **involve, advocate for, and empower** students!



# Our Method

- Design Lab / Community Dialogue Hybrid
- Playdough, colouring, writing, etc.
- Consent & Community Guidelines
- Resources



We want to **engage students** while making them feel **safe and respected**.



# Community Guidelines

- Consent
- Accessibility
- Open Dialogue
- Active Listening
- Respect
- Trust
- Empathy
- Time\*



# Our Questions

- 1) What does mental health mean to you? (online only)
- 2) How can mental health be improved for you? (online only)
- 3) What is SFU currently doing well to address mental health and wellbeing?
- 4) What does your vision for an exceptional approach to mental health and wellbeing at SFU look like?
- 5) How can we move from where we are now to where we want to be?
- 6) What are some short and long term actions we can take to improve mental health at SFU?

What is your institution currently doing well to address mental health and wellbeing?



What is your vision for mental health and wellbeing at your institution, and what would it look like?







How can we move from where we are now to where we want to be?

What are some short and long term actions we can take?





# Outcomes

What did we learn?

# Student Representation & Themes

Physical Spaces  
Relationships with Administration  
Student Engagement  
Health & Counselling Services

**FACULTIES:** HSCI, BPK, CHEM, MBB, Business, IAT, PSYCH, BNS, Criminology, Communications... all years and all 3 campuses too!

**CLUBS:** SFSS, RHA, Out on Campus, HSUSU, Hi-Five, FNSA, Health Peers, SFU Public Square, UNICEF, Phi Delta Epsilon, Beedie, ENACTUS, Blood4Life, Student Senate, FCAT, YWIB, Pursuit of Happyness





## Physical Spaces

- Light, temperature, air quality
- Art and nature
- Inclusive, colorful spaces and furniture

- Reciprocal & understanding relationships
- Awareness of power dynamics
- Healthy Policies: flexible, transparent, non-technical, and inclusive of student perspectives

## Student Engagement

- Classroom experiential learning
- Flexible volunteer opportunities
- Recognition of student involvement
- Reduce competitive nature of getting involved

- Timely services
- Flexible support
- Inclusion of mental health strategies within classes



## Relationships with Administration

## Health & Counselling Services

A white line-art icon of a lit lightbulb is centered within a red circular background. This circle is part of a cluster of overlapping circles in red, orange, and teal colors in the top-left corner of the slide.

# Thank You!

## Any questions?

You can find us at [msa165@sfu.ca](mailto:msa165@sfu.ca) or [marcoz@sfu.ca](mailto:marcoz@sfu.ca)

