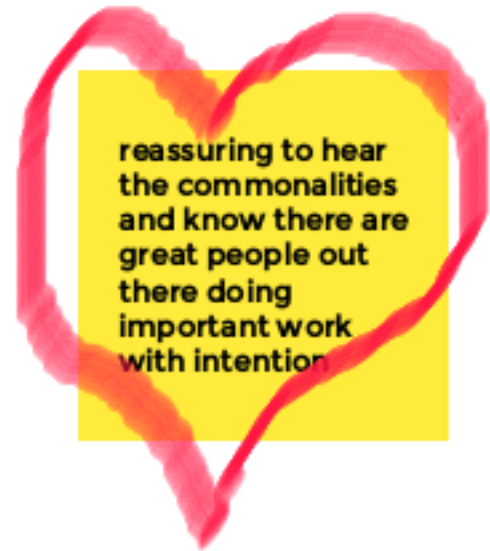


What was this session and discussion like for you?

You can write a short blurb, use an emoji/meme, draw a picture, etc.



Reflective & inspiring

Connecting with other like-minded/situated folks was a total joy.

And I got great ideas!

Discussion is always helpful

Feeling as if we just got started on some really important conversation and then have to say goodbye...!

Nice to connect with like-minded colleagues - lots of work still to do, but love to see the passion and work being done across the country.

Great to hear from others about work they are doing on their campuses - even if it's not totally relevant to my work, it gives a valuable holistic picture of the sector

Energizing meeting new people working in the space

A great start - would love to have a session sharing initiatives and programs that are working well! (get new ideas and avoid recreating wheels :)

So great to connect with new people interested in discussing suicide! Thank you for that

THE THERAPY SOMETIMES



We need to keep the conversation going and develop Communities of Practice across PSIs

What are some main ideas you'll take away from today's talk?

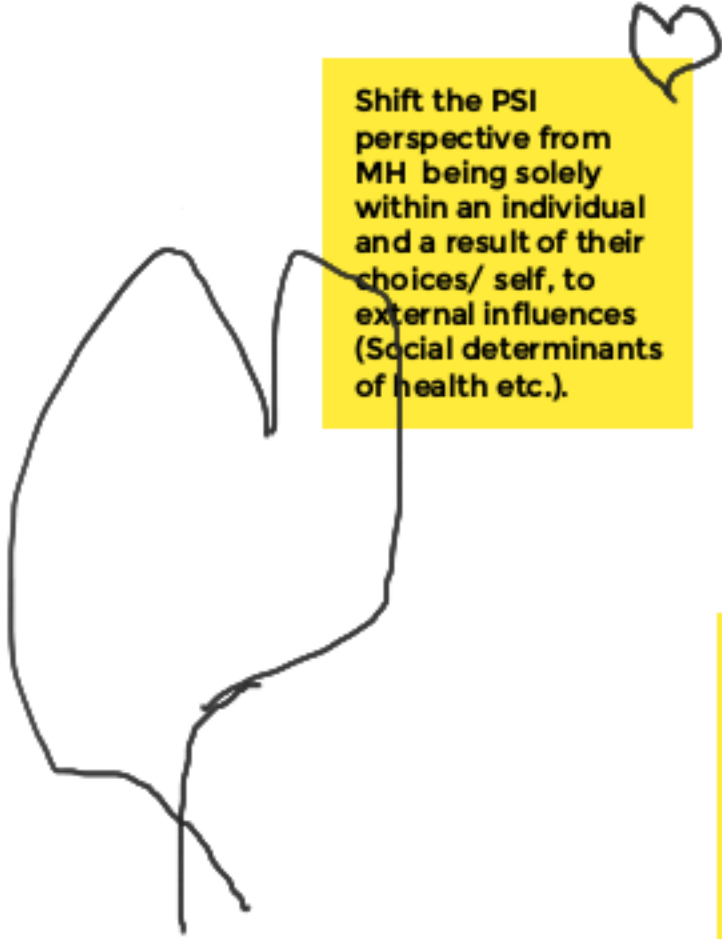
BE BOLDER than I have been so far!

How do we support people/ PSIs to think sustainably about their initiatives - not just funding more and doing more - but ongoing funding and embedding work

Giving space to acknowledge the HUMAN/ emotional aspect of collaboration, implementation and change

The need for larger organizations to provide advocacy to institution leadership and gov't regarding the importance of supporting student wellbeing in novel and effective ways

And to take them to task for the lack of support for international students



Shift the PSI perspective from MH being solely within an individual and a result of their choices/ self, to external influences (Social determinants of health etc.).

Keep looking upstream for ways to engage in mental health and wellbeing at the root causes

Create time and capacity to focus on wellness



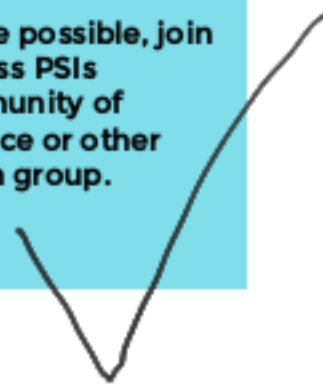
What is one action you are committed to based on today's discussions?

Go to more HMHC talks even when it feels like I don't have time! Don't get so heads down in my work that I forget to collaborate with others in Province or Canada.



dedicate more time to checking in on PSI staff, wellness coordinators, and caregivers

Where possible, join in cross PSIs community of practice or other action group.



Continue conversations with colleagues across the country

Read the evaluation report

check in with my colleagues across BC and across Canada - maybe have a coffee hangout time?

reconnect with the suicide prevention team of my university