

The following is a summary of the work conducted by the SSMU Mental Health Commissioners and their respective Mental Health sub-committees prior to October 11th, 2018.

Committee Meetings

- Both the Outreach and Advocacy sub-committees met for the first time!
 - General visioning vis-a-vis plans for year
- Outreach
 - Organized tabling for last week's Mental Illness Awareness Week, where we handed out resources for students struggling with mental illness
 - Began to develop a resources master list for a future promotional campaign
 - Discussed the types of events we want to see happen this coming academic year
- Advocacy
 - Started work on a student satisfaction feedback form for Counselling and Psychiatric Services
 - Began developing student mental health landscape survey
 - Determined members to sit on Student Service committees related to mental health (Local Wellness Advisors - Sophia Chen & Allie Fong, Healthy Living Annex - Anne Karam, etc.)

Programming

- Last week was SSMU's inaugural Mental Illness Awareness Week-- very exciting!
- We did some tabling
 - Tuesday the 2nd: Outreach subcomm members + Commissioners handed out resources in Leacock
 - Thursday the 4th: Healthy McGill's Peer Health Educators offered info and self-care packs in McLennan!
- We also put on two panels!
 - Coping With Anxiety and Depression, cohosted by Jack.Org, Counselling, and Peer Support Centre
 - Unpacking Disordered Eating
 - Issues with finding accessible spaces but it worked out at the end of the day-- thank you to Sophia for all of her support on this! :)

Advocacy

- Allocated student representatives to various university Committees
 - Bee will sit on the Counselling Advisory Board
 - Army will sit on the Psychiatry Advisory Board
 - Daneese Rao (former HM Peer Health Educator) and Army will sit on the Rossy Steering Committee
 - Sophia Chen and Allie Fong on Local Wellness Advisor Committee
 - Anne Karam on Healthy Living Annex Committee

Respectfully submitted,

Bee Khaleeli and Armaghan Alam