

The following is a summary of the work conducted by the SSMU Mental Health Commissioners and their respective Mental Health sub-committees prior to February 17, 2019.

Committee Meetings

- Both the Outreach and Advocacy sub-committees have continued to meet biweekly.
- Outreach
 - Continue 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
 - Continued to work on a student satisfaction feedback form for Counselling and Psychiatric Services
 - Continued to develop student mental health landscape survey
 - Determined members to sit on Student Service committees related to mental health

Programming

- End of January was the annual Mental Health Awareness Week with a wide variety of events. It was a successful week with high event turnout. The events are as follows:
 - Monday, January 28th: Effective Studying Workshop with the Office for Students with Disabilities (<https://www.facebook.com/events/540427089773086/>)
 - Tuesday, January 29th: Peer Support Centre + Art Hive De-Stress Session (<https://www.facebook.com/events/2219002571484835/>)
 - Wednesday, January 30th: Yoga with McGill Student Chapter of jack.org (<https://www.facebook.com/events/362398144553169/>)
 - Thursday, January 31st: SafeTALK Suicide Intervention Workshop (<https://www.facebook.com/events/2184242581788571/>)
 - Friday, February 1st: Coffee House and Poetry Reading with FWORD Zine (<https://www.facebook.com/events/522801964899412/>)
- In addition to these events, we supported other groups and McGill Student Services in the events that they had planned for their inaugural Well Week that also took place (<https://www.mcgill.ca/student-services/health-wellness/well-week>)

Advocacy

- Allocated student representatives to various university Committees
 - Bee will sit on the Counselling Advisory Board
 - Army will sit on the Psychiatry Advisory Board
 - Army will sit on the Rossy Steering Committee
 - Sophia Chen and Allie Fong on Local Wellness Advisor Committee
 - Army and Anne Karam on Healthy Living Annex Committee
- Sophia and Armaghan have started preparing a report regarding the intersection of mental health and academics at McGill by collaborating with Chris Buddle, Dean of Students

Respectfully submitted,
Bee Khaleeli and Armaghan Alam