



Report from the SSMU Mental Health Committee

Prepared for Thursday February 17, 2022

Commissioner

- Wellness World
 - Platform that centralizes on-campus, off-campus, and online resources while also providing a navigation tool to orient students to the resource(s) that best address their unique needs
 - Mental Health Commissioner has been invited to the implementation working group, which will begin meeting in February with the goal of launching the platform for next academic year
- Student Suicide Prevention & Postvention Framework (SSPF)
 - Regular meetings with the working group (involves Student Services and Dean of Students) to advise on the formalization of the framework, following student consultations in 2019-2020
- keep.meSAFE
 - As always, promote keep.meSAFE far and wide!
 - Usage numbers are significantly better than EmpowerMe (former service), but there is no cap on number of sessions and given our large student body we should aim to get these numbers up
 - Usage reports available, please email mentalhealth@ssmu.ca if you are interested!
- Student Wellness Hub Advisory Board
 - Met first week of February to review Hub data, updates, and National Standard for Post-Secondary Mental Health
 - **Compared to around 65 days to see a psychiatrist in November/December, the wait time is now 6 days** (as of February 9)
 - Hub data available, please email mentalhealth@ssmu.ca if you are interested!
- Mental Health Roundtable
 - Continues to meet monthly; attendance has been low as we continue to meet online

Outreach Committee

- Mental Health Action Week: January 24-28
 - Events and communications covering a wide range of wellness topics, both produced internally and sourced from members of the Mental Health Roundtable



- Wellness bingo
- February: Valentine's Day Fundraiser
 - Plant and Krispy Kreme donut sale via both pre-orders and day-of sales (February 18)
 - All proceeds donated to Suicide Action Montreal
- February-March: Merch Design Contest & Fundraiser
 - Call for student-created designs that, if chosen, will be featured on tote bags, mugs, and stickers that students can purchase
 - All proceeds donated to Dans la Rue and The Native Women's Shelter of Montreal

Advocacy Committee

- Strategic Plan for Academic Wellness
 - A University-wide version of the Academic Wellness Plan that was brought to Legislative Council last year
 - Actively collaborating with Student Services, Dean of Students, and DPSL with goal of moving the document to Senate in April
 - Currently consulting with individual faculties and will soon be consulting with MAUT
- Resource Compilation
 - Committee members have compiled an expanded list of resources available to McGill students, and are collaborating with the Accessibility Commissioner to include relevant access information and then publicize this list
- OSD / Note-taking
 - A survey has been made with the goal of organizing the note-taking services available to students within various faculties and departments
 - Goal is to make sure access to note-taking services is as wide-spread as possible, both as a bridge while OSD improves their services and as an option for students regardless of (dis)ability or registration with OSD
- Mental Health Teaching Award
 - Proposal developed to provide an annual award to instructors who have actively supported students' mental health
 - Currently reaching out to the Dean of Students as a possible "home" for the award, and already in touch with the Rossy Foundation about possible funding