



Association étudiante de l'Université McGill

Située sur les territoires traditionnels des collectivités Haudenosaunee et Anishinaabe.

Students' Society of McGill University

Located on Haudenosaunee and Anishinaabe, traditional territories.

ssmu.ca | (514) 398-6800 | 3600 rue McTavish, Suite 1200, Montréal, QC, H3A 0G3

Report of the Mental Health Committee

Submitted for: 2023-10-12

Meeting Dates

- July 9, 2023
- July 13, 2023
- July 20, 2023
- July 27, 2023
- August 10, 2023
- September 9, 2023
- September 21, 2023
- September 28, 2023
- October 5, 2023

Committee Activity

- Currently undergoing hiring for Advocacy and Outreach Coordinators & corresponding committees
- Commissioner is commencing many meeting involvements, including Student Accommodations, Student Wellness Hub Advisory and others
- Currently undertaking weekly meetings with Commissioner, Outreach and VP Studentlife

Projects and Progress

- Last week: MIAW - how can we improve for next time?
 - Would like to have more holistic events involving more clubs and communities - how can we do this?
- **Comprehensive List of Mental Health Resource & Mental Health Graphic**
 - Currently trying to finalize a mental health resources list for students to access/search through, to make the ability of searching for MH resources more streamlined. You can view the current (unfinished) document [here](#). Please leave any comments/additions you believe would be helpful!



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- As an extension, we would like to make a survey-type quiz for students to find specifically what they are looking for. Currently brainstorming this.
- Once the comprehensive list has been worked on more thoroughly, a mental health graphic (already underway) will be created and posted around the school. Would appreciate the support in getting this out to the community!
- **Talking Groups (current progress: under review by LWA manager)**
 - Introduction: A large factor affecting student mental health on campus is the inability to talk about certain topics - be it men's mental health, struggling with academics and the like, in a less structured, more open-form environment. Students have reported that although Workshops are introduced (and it must be noted that some have been known to be helpful), that there may be other methods of providing a similar service that is more accessible and attractive to a broader scope of the student body.
 - Initiative has been proposed to LWAs, whom have positive responses. Initial correspondence was sent to the LWA manager, Ms. Samantha Goldberg. Currently awaiting response.
 - Feedback on proposed talking groups: please respond [here](#) - non-exhaustive list!
- **Sleep/Relaxation Rooms (current progress: brainstorming spots/possibility)**
 - Recognizing the importance of sleep and the ability to do so, as well as the distance some students are from their home, the Mental Health team would like to introduce a new initiative to create a sleep/relaxation room.
 - Room would consist of adult cots that are able to be stacked/stored - **we are still confirming the type of cots we would like to use based on budget.**
 - Room availability - given that there are limited rooms available in SSMU building, we will likely book a certain room within the lighter hours of the day, like 12 AM to ~ 5PM. TBD.
 - Additional room aspects - happy lamps, activity books, ability for reading. ○ Would require a paid/volunteer supervisor to ensure the space is kept safe. Do we hire or volunteer from HLA? Would love others' perspectives.
- **Mental Health Roundtable October 18th**
 - LMK if you would like to be involved!