

# COMMUNITY APPROACH TO MENTAL HEALTH + WELL-BEING

### POSSIBLE IMPACTS ON ACADEMIC LIFE

- Academic Success
- Safety-net on Campus
- Positive University Reputation
- Fewer Student Withdrawals
- Increased Retention
- Increased Engagement
- Increased Sense of Community on Campus

## AREAS FOR ACTION ON CAMPUS

### COMMUNITY ENGAGEMENT

Giving back to the community greatly improves wellbeing by increasing self-esteem and providing opportunity for social connectedness.

examples

- Increase service learning opportunities
- Opportunities for student participation and student voice
- Incentives for faculty and staff to become involved in building community connectedness on and off campus
- Campaign to reduce stigma surrounding mental illness

### LEARNING ENVIRONMENTS

The experiences involved in learning can impact psychosocial qualities such as self-esteem, self-efficacy, senses of purpose, competencies and social integration.

examples

- Experiential and transformative education
- Use coursework to foster collaboration, clarity, control, self-esteem and engagement
- Invite community partners to lecture in class
- Student-led projects of campus for credit
- Credit bearing community engagement
- quality of relationships with teachers, mentors, peers
- Support for work-life balance
- Adequately reward innovation and excellence in teaching
- Dialogue-based and process oriented learning

### SOCIAL INTERACTION + PERSONAL DEVELOPMENT

Social interaction with peers, faculty, and career mentors help students feel they are part of a caring community.

examples

- Mentorship opportunities
- Student wellness as a core component of school's ethos
- Community events
- Create opportunities for social interactions
- Reduced class sizes

### PHYSICAL SPACE

The space in which we work, live, and learn can impact ability to form connections to other and mental functioning and creativity.

examples

- Increase color, art, and music
- Means restriction (suicide prevention)
- Social gathering spaces
- Student spaces that are comfortable and functional

### SERVICES + INTERVENTIONS

Services and interventions for all students are important part of feeling supported and engaged within the campus environment.

examples

- Teaching and Learning Centre
- Support over Suicide (SOS)
- Centre for students with disabilities
- Screening for early signs of distress
- Work Integrated Learning
- Rezlife
- Health and Counselling Services
- Career Services

### CAMPUS POLICIES

Campus policies can greatly support student well-being by increasing a sense of support and community, reducing competition and supporting diversity.

examples

- Reconsider policies supporting competition such as bell curve
- Promote new policies to foster community
- Reduce barriers in scheduling and registration
- Campus communal lunch hour
- Free student orientation
- Cohort groups

### OUTSIDE FACTORS

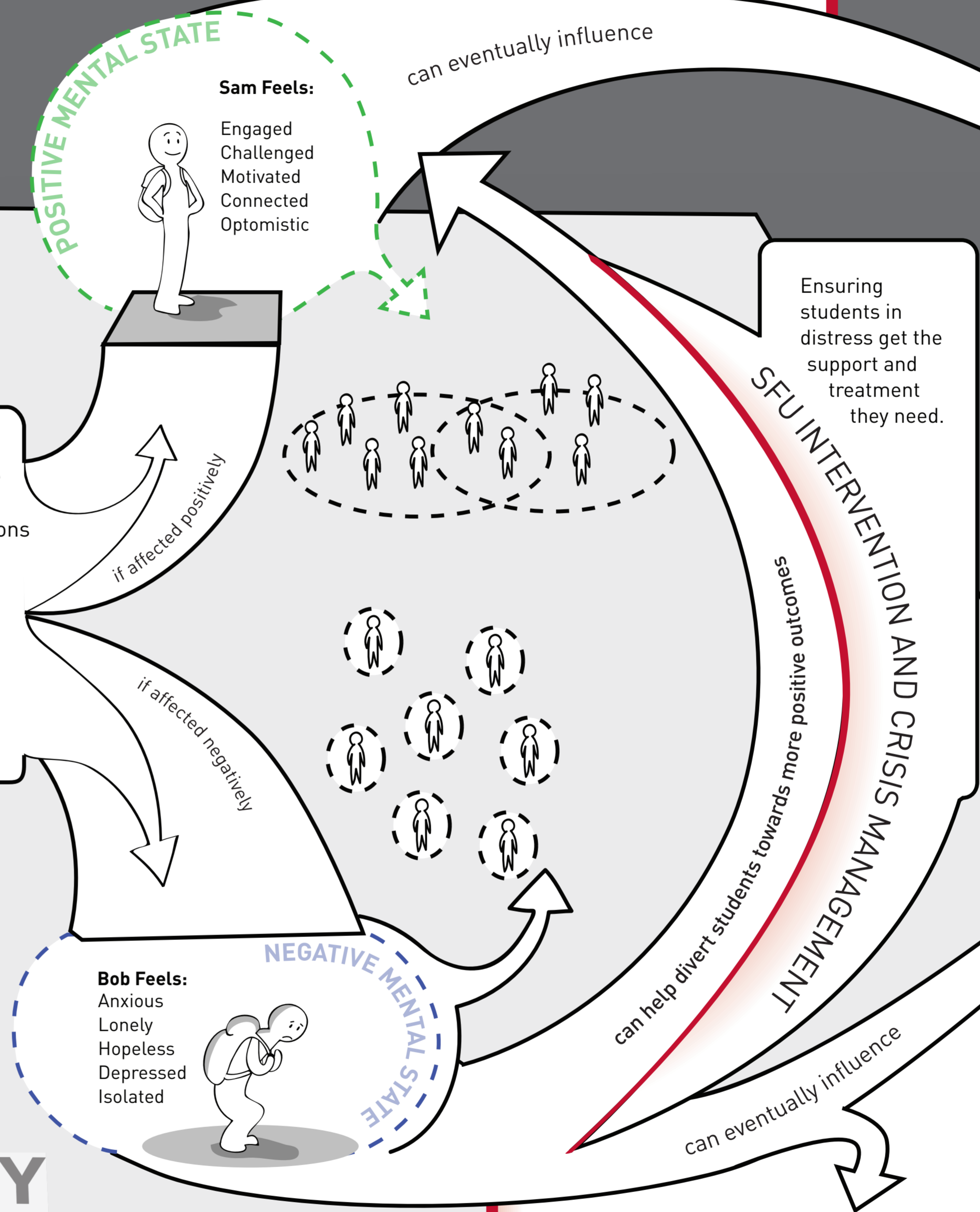
- Financial Stress
- Relationship Stress
- Family Expectations
- Employment
- Economic Downturns
- Increased Cost of Living
- Longer Period of Being a Student
- Increasing Competition for Graduate Programs

### CAMPUS EXPERIENCES COMBINE TO AFFECT STUDENTS'

- Social Connection and Belonging
- Self-esteem
- Demands on Self
- Feeling Supported and Valued
- Positive Feelings
- Experience and Engagement
- Optimal Challenge and Demand
- Making Contributions to the Community
- Chronic Stress
- Autonomy
- Sense of Achievement
- Sense of Purpose
- Participation

### STUDENT SPECIFIC FACTORS

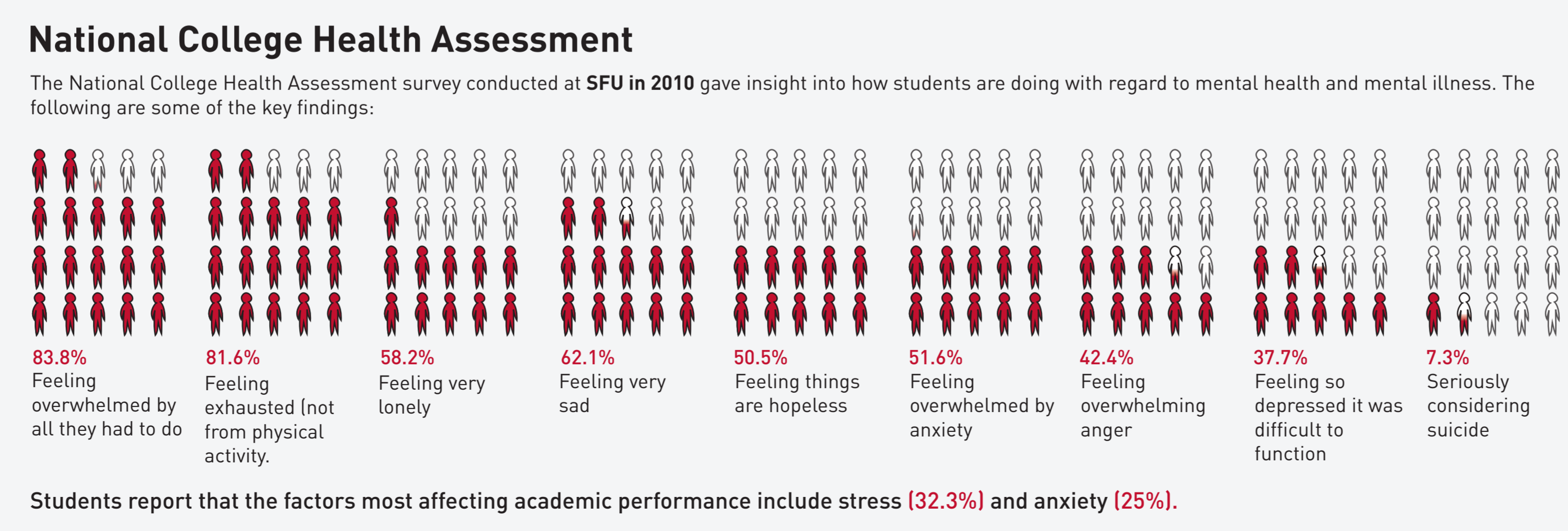
- Inexperienced
- Limited Perspective
- Limited Control and Power
- Learning how to be an Adult
- Often away from Friends/Family
- History of Mental Illness
- Genetic Susceptibility to Mental Illness



### POSSIBLE LONG-TERM IMPACTS

- Positive Wellbeing
- Improved Social Relationships
- Resilience
- Collaboration and Engagement
- Cost-Efficiency
- Increased Productivity and Motivation
- Low Alumni Engagement
- Mental Health Issues
- Relationship Strains
- Poor Self Esteem
- Unemployment
- Physical Health Consequences
- Unhealthy Behavior
- Loneliness and Depression
- Violence, Alcohol, Drugs
- Suicide

## SIMON FRASER UNIVERSITY



### POSSIBLE IMPACTS ON ACADEMIC LIFE

- Academic Difficulty
- Low Motivation
- Less Able to Balance Life Demands
- Student Withdrawal
- Low Alumni Engagement