


In October 2016, Carleton University launched the Student Mental Health Framework 2.0 with the goal of building a holistic, campus-wide approach to mental health and well-being. Over the past two years, students, staff and faculty have been working collaboratively towards implementing the 38 recommendations outlined in the Framework.


34 of the 38 recommendations have been implemented or are ongoing.

Enhancing Mental Health Support


24/7 off-campus professional mental health service
Empower Me introduced in Fall 2018




Online self-help and therapist assisted support offered through **TAO**




Reduced wait times with the addition of **3 counsellors** and **3 part-time psychiatrists** in Fall 2018






Additional teacher trained to increase availability of **Koru Mindfulness** program

Access improved with **Same-Day Counselling** in Fall 2018




Embedded **Grad Student Counsellor** piloted in 2018-19




Increasing Awareness, Training and Education


900+ staff, faculty and students participated in **Supporting Students in Distress Workshops**




safeTALK delivered to **800+** campus members by **5** certified Carleton staff




Mental Health and Well-Being Resource Guide distributed across campus




Supporting a Friend Resource and Workshop developed and delivered by students



19,500+ visits to the **Mental Health and Well-Being Website** since October 2017



The Health Promotion Team delivered **20 Mental Wellness Workshops** to **800+** students and held **22 events**



Building Thriving Communities

Mental Health Peer Support

offered across campus with new programs piloted in 2018-19



The Student Mental Health Engagement Committee increased awareness of mental health and well-being with **11 Pop-Up Wellness** events



Funds available through the **Student Wellness Initiative Fund** to develop well-being initiatives on campus

CUSA, GSA, SAMH, Mental Health Champions



and other student groups offered programming and initiatives to **build awareness and connections**

7 trained **Carleton Therapy Dogs** and handlers provided care and support to **750+ visitors** since Fall 2018



Next Steps

- Expanded mental health training for students, staff and faculty
- Resources and best practices for fostering well-being in the classroom
- Evaluation and assessment of programs and initiatives to ensure accessibility, sustainability and campus coordination



Submit a Care Report

If you are concerned about a struggling student and are unsure of the best resource or support, you are encouraged to submit a **Care Report**. This will alert the Office of Student Affairs who will get in touch with you to discuss next steps.

carleton.ca/studentaffairs/care-report

Is the situation an emergency?

On-campus: 613-520-4444
4444 (from any on-campus phone)

Off-campus: 911
(Notify Campus Safety Services)

If uncertain, you can call the Crisis Line:
613-722-6914