

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**



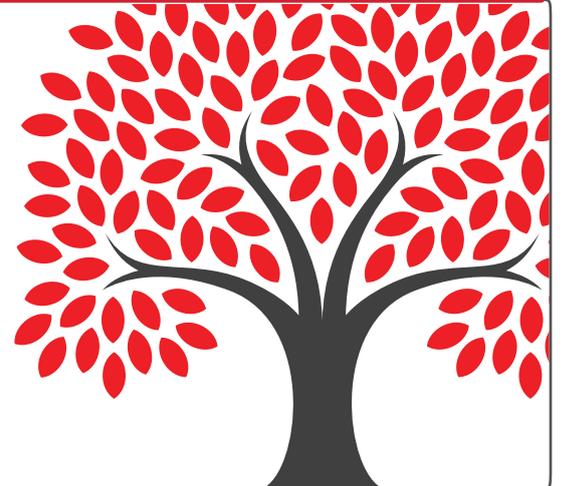
and other student groups offered programming and initiatives to **build awareness and connections**

**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](http://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