MENTAL HEALTH STRATEGY

The following are three of the main strategies to make SFU's community healthy and resilient.
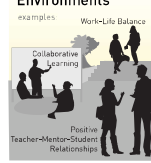
HEALTH PROMOTION

Creating healthier settings will improve the health and well-being of all individuals in a community.

Goal: Raise overall health of SFU community and improve university experience

Target: Entire SFU Community

AREAS FOR ACTION

Learning + Working Environments
examples: Work-Life Balance, Collaborative Learning, RezLife, Positive Teacher-Mentor-Student Relationships, Career Services

Ensuring the learning experience is positive and supportive.

Services + Interventions
examples: Work Integrated Learning, Financial Aid, Centre for Students with Disabilities, Health & Counselling Services

Lending a helping hand throughout the journey at university.

Campus Policies
examples: Free Student Orientation, Reduce Barriers in Scheduling, Reconsider Bell Curve

Paving the road to success the SFU community.

Community Engagement
examples: Reduce Stigma Surrounding Mental Health Concerns, Opportunities for Student Participation and Voice, Incentives for Staff + Faculty Involvement
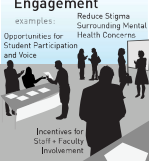
Building a strong campus community.

Social Interaction + Personal Development
examples: Reduce Class Sizes, Mentorship Programs, Create Opportunities for Social Interaction

Building social connections throughout the university experience.

Physical Space
examples: Art on Campus, Social Spaces, Means Restriction

Ensuring spaces on campus encourage positive university experience.

Who can be involved? What else can be done? Where? When? How?
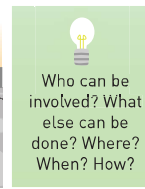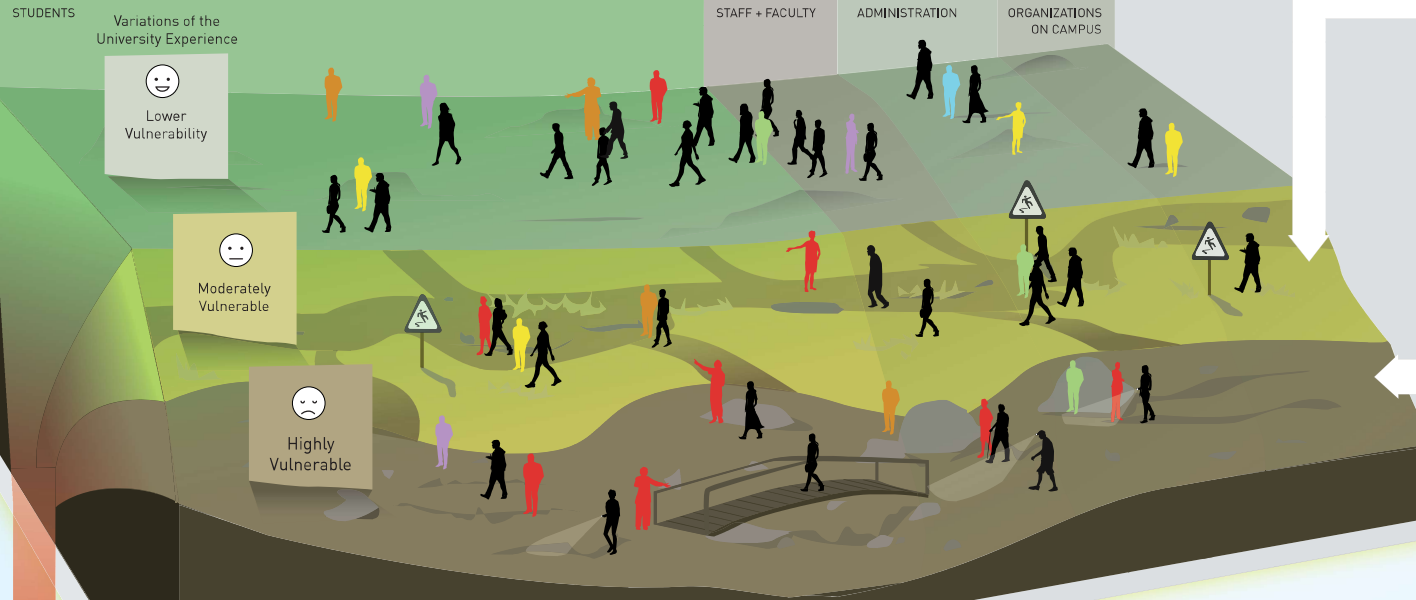
ILLNESS PREVENTION

Goal: Decrease the likelihood of individuals developing mental health concerns and provide support for those at risk.
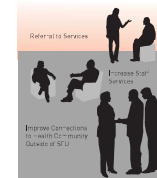
Target: Individuals at risk of developing mental health issues

Workshops for Staff, Faculty, Administrators and Students
Dealing with Students in Distress
Support Over Suicide

What are your ideas about **illness prevention?**

INTERVENTION + POSTVENTION

Goal: Help individuals with mental health concerns achieve a sense of balance in their lives.

Target: Individuals with mental health issues

Referral to Services
Increase Staff Services
Improve Connections to Health Community Outside of SFU

What are your ideas about **intervention and postvention?**

ENTIRE SFU COMMUNITY

STUDENTS
Variations of the University Experience

STAFF + FACULTY | ADMINISTRATION | ORGANIZATIONS ON CAMPUS

Lower Vulnerability

Moderately Vulnerable

Highly Vulnerable

National College Health Assessment Data (2010)

The National College Health Assessment (NCHA) survey conducted at SFU in 2010 gave insight into how students are doing with regard to mental health and mental illness.

83.8% Feeling overwhelmed by all they had to do

58.2% Feeling very lonely

51.6% Feeling overwhelmed by anxiety

50.5% Feeling things are hopeless

7.3% Seriously considering suicide

University students reported a **significantly higher level of psychological distress** and lower levels of satisfaction **compared to other 'high stress' occupations** and this was linked to the work environment (high work pressure, low control and low support from students). In addition, psychological distress and low satisfaction were related to University students' GPA (Cotton, Dollard & de Jonge, 2002).