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Mental Wellness Student Support Program



**Talking Mental Health: Promoting Positive Mental
Health for Your Students**



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What is Mental Health



World Health Organization (WHO)
definition

“a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community” (2014).



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Mental Health is also...



World Health Organization (WHO)
definition

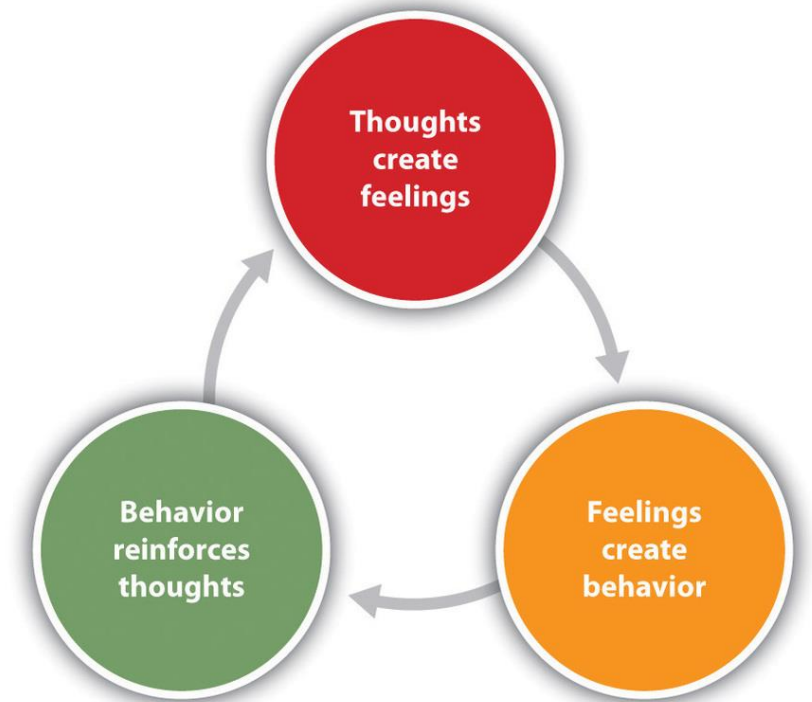


Personal Definition



There is no health without mental health

- Everyone has mental health regardless of whether or not they have a mental illness
- A mental health concern affects our thoughts, feelings and how we see the world and decreases our ability to cope with the challenges of everyday life.






Cultural considerations

- A number of population groups believe that mental health issues are best dealt with “among their own”
- Gender roles and the words used to describe a mental health challenge
- A number of populations groups have various beliefs to describe why an individual may have a mental health issues
- Religious and spiritual traditions vary greatly; understand how they relate to people’s coping mechanisms or views.



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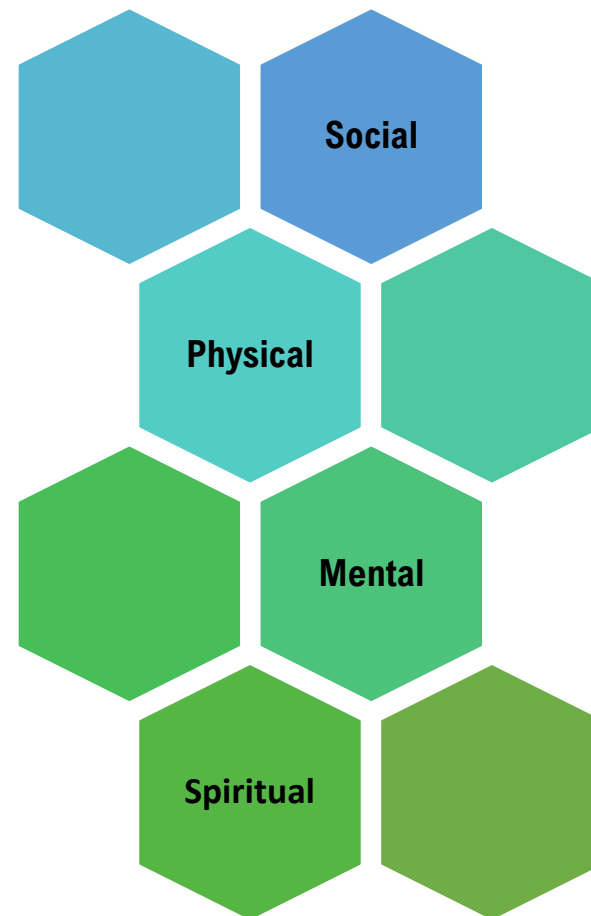
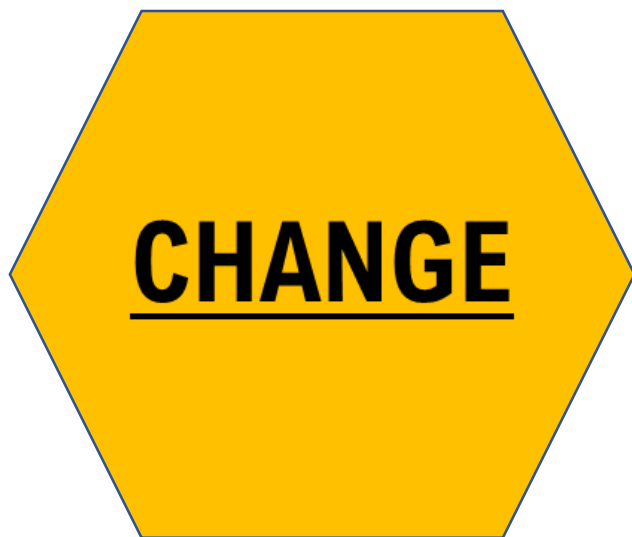
Mental Health Continuum

	IN CRISIS	STRUGGLING	UNSETTLED	THRIVING	EXCELLING
	<ul style="list-style-type: none"> • Very anxious • Very low mood • Absenteeism • Exhausted • Sickness, physical pains • Isolation • Very poor sleep • Weight loss • Psychotic break • Severe drug/alcohol abuse 	<ul style="list-style-type: none"> • Anxious • Depressed, sad • Low self-esteem • Tired • Poor work performance • Presenteeism • Poor concentration • Poor sleep • Poor appetite • Drug/alcohol abuse 	<ul style="list-style-type: none"> • Worried, nervous • Edgy • Irritable • Frustrated • Self-doubting • Sad, gloomy • Trouble sleeping • Tired • Distracted • Decreased social activity 	<ul style="list-style-type: none"> • Normal mood, some variations • Positive • Calm • Functioning normally in job • Sleeping well • Focused • Eating normally • Normal social activity 	<ul style="list-style-type: none"> • Cheerful, joyful • Solution focused • Energetic • High job performance • Prioritising sleep and recovery • 'Flow' - intense engagement • Fully realising potential • Actively seeking connections



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What to look for...





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Warning Signs of a student in Crisis, can include...



In Crisis

finding little or no pleasure in life

feeling worthless or extremely guilty

crying a lot for no particular reason

withdrawing from other people

experiencing severe anxiety, panic or fear

losing interest in hobbies and pleasurable activities

having trouble concentrating or following through on plans

wanting to harm yourself or someone else



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Supporting Your Students



Campus Collaboration



Student Engagement Opportunities



How you can help



Staff and Student Training Opportunities



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Campus Collaboration

Academic and English Language Support Services: Embed Mental Health Discussions

- Incorporate topics such as time management, academic stress, performance anxiety and self-care into existing workshops, or into English language conversation practice discussions
- Co-deliver English conversation practice with ISS staff or peers

International Student Services and Mentoring or Tutoring Program

- Utilize a buddy system in which newly arrived international students are paired with domestic or international students
- Train the peer supporters on Mental Health first aid training





How YOU can Help a Student and Yourself

- ✓ Practice Mindfulness
- ✓ Listening Skills
- ✓ Modelling Positive Mental Health
- ✓ Choice of language or terms used
- ✓ Know the resources available on Campus and in the Community



The language of mental health and mental illness

- Examine the language that is used in the classroom
- The language used will affect student perceptions of themselves and how they value their contributions
- In teaching about positive mental health and mental illness ensure that stereotypic images, myths or misconceptions are not reinforced.





Student Engagement Opportunities

Student Leadership Team

- Determine who is best-situated to guide this group. It is important that whoever is guiding this group of student leaders must have inter-cultural competency and global perspective
- Hold information sessions to let students know more about the initiative, and how they might be involved
- Provide mental health literacy training for leadership group
- Provide opportunities that encourage students to share ideas for student engagement and events

Utilize Peer Networks and Peer Mentors

- Utilize peer mentors to promote mental health initiatives at peer-organized events
- Outreach to ISS advisors, student unions, student organizations regarding programming, FAQs, promotional materials
- Partner with students to create video testimonials



Student Engagement Opportunities

”Let’s Talk About” Events

- Student led, student facilitated events, weekly or per semester
- Student selected topics
- Student pre-prepare icebreaker, discussion topics, and questions
- Invite subject matter “experts” to be available to answer questions as necessary
- Student leaders facilitate small group discussions, bring back summary to larger group, and ask “experts” any outstanding questions



Training Opportunities

International Student Information Sessions

- Provide information at orientation, as well as throughout the year on mental health basics and resources

Peer Mentor Training

- Supplement existing peer supporter training with
 - mental health basics
 - issues and stressors specific to international students
 - Introduction to cultural competency, and diverse worldview on mental health
- Train peers to check-in with international students
- Consider a mental health intervention training such as Livingworks' ASIST or safeTALK programs, Mental Health First Aid, or QPR Triage Training (Question, Persuade, Refer)



Training Opportunities

Staff/Counsellor Training

- Train frontline staff to effectively support student with mental health challenges, such as a mental health intervention training such as Livingworks' ASIST or safeTALK programs, Mental Health First Aid, or QPR Triage Training (Question, Persuade, Refer)
- Partner with human resources to offer training regarding issues and resources specific to international students
- Provide workshops introducing cultural competency



What is MHFA?

- What is Physical First Aid?
 - Help provided to a person in physical crisis
 - Who is certified?
 - Most people, even those not certified, know the basics
- What is Mental Health First Aid?
 - Mental Health First Aid is help provided to a person developing a mental health problem or in a mental health crisis.
 - The first aid is given until appropriate professional treatment is received or until the crisis resolves.
 - Who is certified?
 - GOAL: Everyone will know the basics!

(source: Mental Health Commission of Canada, 2019)



What is Livingworks' ASIST or safeTALK Programs

- What is the ASIST Program?
 - ASIST teaches participants to recognize when someone may have thoughts of suicide and work with them to create a plan that will support their immediate safety. Although ASIST is widely used by healthcare providers, participants don't need any formal training to attend the workshop—anyone 16 or older can learn and use the ASIST model.
- What is the safeTALK Program?
 - It helps participants recognize a person with thoughts of suicide and connect them with resources who can help them in choosing to live. Participants don't need any formal preparation to attend the training—anyone age 15 or older who wants to make a difference can learn the safeTALK steps.

(source: <https://www.livingworks.net/programs/>, 2019)



What is QPR Triage Training (Question, Persuade, Refer)

- QPR Training program out of Washington, DC
- QPR stands for Question, Persuade, and Refer — the 3 simple steps anyone can learn to help save a life from suicide.
- Just as people trained in CPR and the Heimlich Maneuver help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help
- Training Primarily used in the States



Make the Difference

Be the change you want to see in the world



Be a **ROLE MODEL**



Be **OPEN-MINDED** and **NON-JUDGEMENTAL**



Be **KNOWLEDGEABLE**





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Questions?