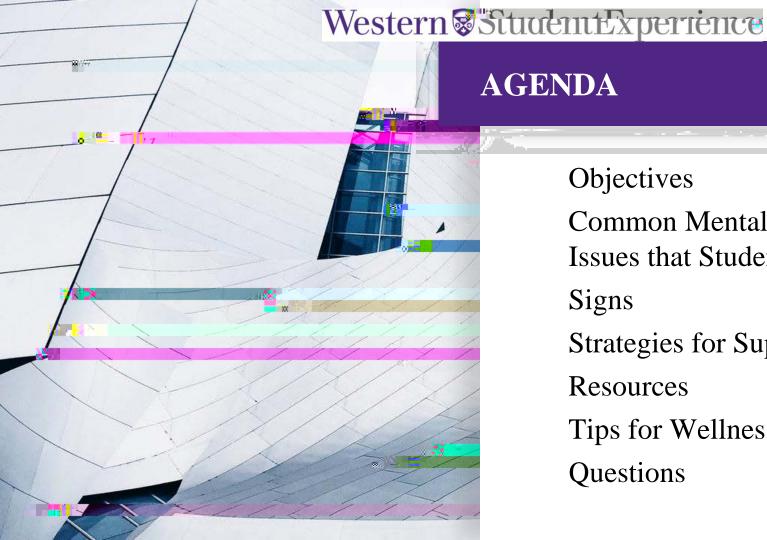


Western Student Experience

LAND ACKNOWLEDGEMENT



We/I acknowledge that Western University is located on the traditional lands of the Anishinaabek (Ah-nish-in-a-bek), Haudenosaunee (Ho-den-no-show-nee), L naapéewak (Len-ahpaywuk) and Attawandaron (Add-a-won-da-run) peoples, on lands connected with the London Township and Sombra Treaties of 1796 and the Dish with One Spoon Covenant Wampum. This land continues to be home to diverse Indigenous peoples (e.g. First Nations, Métis and Inuit) whom we recognize as contemporary stewards of the land and vital contributors of our society.



AGENDA

Objectives

Common Mental Health Issues that Students Face

Signs

Strategies for Support

Resources

Tips for Wellness

Questions

Western Student Experience

WORKSHOP OBJECTIVES



Upon completion of this workshop, you will:

Better understand common mental health struggles

Be able to examine, distinguish, and identify risk factors and symptoms

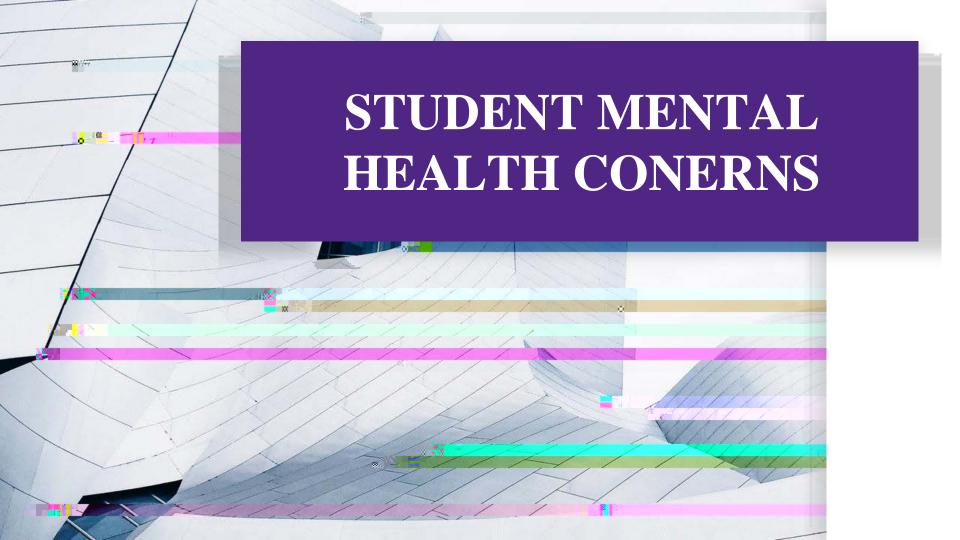
Recognize strategies for support

Understand resources available



MENTAL HEALTH DEFINED

"A state of well-



COMMON CONCERNS



Struggles commonly experienced by post-secondary students:

feeling overwhelmed, helpless, or hopeless;

lacking motivation to engage in their studies;

struggling to fit-in socially;

feeling isolated and homesick;

experiencing intense pressure to succeed;

facing financial stressors;

experiencing racism, gender inequity, harassment,

LGBTTIQQ2SA+ issues, and sexual violence.

Western Student Experience

COMMON ISSUES



Western University students report the following factors affect their academic performance:

Western University	Canada
33.3%	38.6%
27.4%	28.4%
24.2%	27.1%
19.9%	21.6%
17.8%	17.3%
	33.3% 27.4% 24.2% 19.9%





SELF-CARE STRATEGIES



The Fort Garry Women's Resource Centre (2016) describes self-care as "care provided 'for you, by you". These are a few self-care strategies:

Spend time with people whose company you enjoy

Stay in touch with people important to you

Recite positive affirmations, give yourself praise, and celebrate achievements

Allow yourself to feel mad, sad, frustrated, happy, excited, etc. and connect with

people who support and validate these feelings

Practice reflective and relaxing activities; write in a journal, meditate, read,

workout, take a bath – anything that gives you space to feel a sense of peace

Prioritize sleep, nutrition, social connections, exercise, and mindfulness

Be kind to yourself; notice limiting beliefs and judgements

Ask for help when you need it

Reflection: What things, experiences, places or people make you feel good and positively contribute to your mental health?

STRATEGIES TO SUPPORT OTHERS

We all play a role in promoting mental wellness, here are some tips for supporting others:

Reach out and talk to your friend. Start the conversation with some of these opening lines:

"I've noticed you've been down lately. What's going on?"

"Hey, we haven't talked in a while. How are you?"

"Are you OK? You don't seem like yourself lately."

WESTERN MENTAL HEALTH SUPPORTS

Last year 20,000



STUDENT SUPPORT & CASE MANAGEMENT

Assists students by facilitating a coordinated response for students experiencing distress, disruptive behaviours, and other challenges at the individual and community level.

Student Support Case Managers

Conduct Case Manager

Gender-

Western Situaent Experience

WELLNESS & EQUITY EDUCATION

Provides students with educational opportunities that lends to a supportive, inclusive, and thriving campus. This includes information, resources, and training in the following areas:

Gender-Based Violence Prevention

Gender and Sexual Diversity

Equity and Inclusion

Spiritual Well-being

Visit the Wellness and Equity Education webpage for more details: https://www.uwo.ca/se/digital/types/equity/index.html





COMMUNITY RESOURCES

Good 2 Talk - Phone1-866-925-5454 or Text "GOOD2TALKON" to 686868

CMHA Reach Out Line - Phone or Text 519-433-2023

Inuit and First Nation Hope for Wellness Line - Phone

1-855-242-3310

LGBT Youth Line - Phone 1-800-268-9688

The Canada Suicide Prevention Service - Phone

1-833-456-4566

