

**SUBJECT TO CHANGE**

THE UNIVERSITY OF WESTERN ONTARIO  
LONDON, CANADA

School of Health Studies  
Health Sciences 3624ASocial Determinants of Mental Health  
Fall 2020

**COURSE DESCRIPTION**

In this course, we will discuss the interplay between social and personal determinants of mental health. We will also discuss the interrelatedness of mental disorder, social inequity, and both trauma and adversity in childhood.

More specifically:

According to the World Health Organization “good mental health is integral to human health and well being”. Similarly, the United Nations Human Rights Council states “there can be no health without mental health”. Although the importance of ‘good mental health’ has risen to an unprecedented state of priority in health-care systems all over the world, burdens resulting from compromised mental health, including personal, family, community, workplace, economic impacts, are increasing, worldwide. The serious impact of trauma, adversity and social inequality, particularly in childhood and adolescence, on mental health in adulthood are now widely recognized as primary precursors

Prerequisites Health Sciences 1002A/B

NOTE:

As the instructor, I will endeavour to provide students with course experiences that are optimally engaging, motivating, and interesting. In return, I will expect students to attend all classes, and contribute to the collaborative nature of the learning experience through their active participation in discussions, by completing assigned readings, and by offering constructive feedback as will be deemed useful to the overall learning experience.

Ideally, we will create an environment where we can

Township and Sombra Treaties of 1796 and the Dish with One Spoon Covenant. 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.

## GENERAL COURSE NOTES

### Regarding the Use of Plagiarism Checking Software

All required papers may be subject to submission for textual similarity review to the commercial plagiarism detection software under license to the University for the detection of plagiarism. All papers submitted for such checking will be included as source documents in the reference database for the purpose of detecting plagiarism of papers subsequently submitted to the system. Use of the service is subject to the licensing agreement, currently between The University of Western Ontario and Turnitin.com (<http://www.turnitin.com>)

### Academic Consideration

The University recognizes that a student's ability to meet their academic responsibilities may, on occasion, be impaired by extenuating circumstances, including short-term illness or injury. Reasonable academic consideration is a cooperative process between the University, the student, and academic staff. All participants in the process must act in good faith, and fulfil their respective obligations, if it is to succeed.

Students who experience an extenuating circumstance (illness, injury, or other extenuating circumstance) sufficiently significant as to temporarily render them unable to meet academic requirements, may submit a request for academic consideration through the following routes:

- (i) Submitting a Self-Reported Absence form, provided that the conditions for submission are met;
- (ii) For medical absences, submitting a Student Medical Certificate (SMC) signed by a licensed medical or mental health practitioner, in order to be eligible for Academic Consideration; or
- (iii) For non-medical absences, submitting appropriate documentation (e.g., obituary, police report, accident report, court order, etc.) to Academic Counselling in their Faculty of registration, in order to be eligible for academic consideration.

Students seeking academic consideration:

- Are advised to consider carefully the implications of postponing tests or midterm exams or delaying handing in work;
- Are encouraged to make appropriate decisions, based on their specific circumstances, recognizing that minor ailments (e.g., upset stomach) or upsets (e.g., argument with a friend) are not normally an appropriate basis for a self-reported absence;
- Must communicate with their instructors no later than 24 hours after the end of the period covered by either the self-reported absence or SMC, or immediately upon their return following a documented absence;
- Are advised that all necessary documentation, forms, etc. are to be submitted to academic counselling within two business days after the date specified for resuming responsibilities

Students who experience an unexpected illness or injury or an extenuating circumstance (48 hours or less) that is sufficiently severe as to temporarily render them unable to meet academic requirements (e.g., attending lectures or labs, writing tests or midterm exams, completing and submitting assignments, participating in presentations) should declare using the online Self-Reported Absence

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## On Health and Wellness

As part of a successful undergraduate experience at Western, we encourage you to make health and wellness a priority. Self-care is a critical component of health and wellness. Western provides several on