

The following is a summary of the work conducted by the SSMU Mental Health Commissioners and their respective Mental Health sub-committees prior to February 17, 2019.

### **Committee Meetings**

Both the Outreach and Advocacy sub-committees have continued to meet biweekly.

#### **Outreach**

Continue to develop a resources master list for a future promotional campaign

Discussed the types of events we want to see happen this coming academic year

#### **Advocacy**

Continued to work on a student satisfaction feedback form for Counselling and Psychiatric Services

Continued to develop student mental health landscape survey

Determined members to sit on Student Service committees related to mental health

### **Programming**

End of January was the annual Mental Health Awareness Week with a wide variety of events. It was a successful week with high event turnout. The events are as follows:

Monday, January 28th: Effective Studying Workshop with the Office for Students with Disabilities (