

Mental Health Committee Report

Submitted for: October 14th, 2021

The SSMU's mental health team this year is composed of Mental Health Commissioner Julia Caddy, Mental Health Advocacy Coordinator Julian Guidote, and Mental Health Outreach Coordinator Olivia Bomyi.

1. Mental Health Team

Both Advocacy and Outreach committees have not had their official first meeting given we finalized allocations last week.

A. MH Commissioner

- Working with

2 Mental Health Round Table

First Meeting took place September 27, 2021 (occurs monthly on last Monday)

E. Mental Illness Awareness Week - Oct 3-10

- Daily informational posts & shared resources on specific topics
 - Mental Health vs. Mental Illness; Redefining "Self Care"; Living & Learning with Mental Illness; When the Mental gets Physical; The Rocky Road to Getting Help; Navigating Resources @ McGill
- Listing of daily activities (both internal & external)
- EDRSC Interview on Eating Disorders & Structural Oppression
- Reddit AMA

F. Member Updates

- EDRSC has a messaging support platform and also group support and also eating disorder-specific training to other groups on campus! Woohoo! Reach out!
- Empathy Journal: hiring! Please direct anyone who might be interested; VP Finance, editor in chief, external, communications; Share posts!
- PSC preferential appointment system to connect students with BIPOC, 2SLGBTQA+, women... also in-person support coming soon
- MDRSL adding classes on "meaning making" series to tackle life's big questions beyond the classroom; religious/spiritual but also secular; also offer workshops to groups on religious and spiritual diversity -> really focusing this year on the EDI lens and on non-religious spirituality and secular meaning-making
- MDRSL Meditation space is open!
- Science-based Addictions Treatment - new group, in the process of becoming a club! And hopefully a service eventually!
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