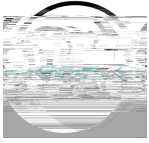


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Située sur les territoires traditionnels des collectivités Haudenosaunee et Anishinaabe.

Located on Haudenosaunee and Anishinaabe, traditional territories.

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MENTAL HEALTH POLICY

1. Executive Summary

The last three years have brought significant changes to the landscape of mental health (MH) on McGill's campus. With the development of the Wellness Hub in July 2019 to a global pandemic, university-student collaboration on mental health services has improved significantly, as well as the quality and capacity of services themselves. Student wellness is a subject that has been pro

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financial support of the Fee have led to an execution of a number of projects and increased advocacy at the campus level. The report detailing all complete action items from the plan can be found in this [progress report](#).

2.2 The Rosy Wellness Hub and Healthy Living Annex

The Rosy Wellness Hub (the Hub), began operations in July 2019. The Hub operates with a Collaborative Care approach which aims to create a flexible, holistic model of care informed by mental health research, provide education and support to the community and empower students to be in control of their own wellness. The Hub has a variety of clinicians that provide one-on-one appointments and therapy groups as well as the Healthy Living Annex (HLA), which focuses on health promotion and offers peer support programs. Since its formation the SSMU has played an active role in advocating for student needs and collaborating on projects, including participating in advisory boards, co-design, and event creation.

Strong collaboration and bi-directional communication between students, mental health advocates, student leaders, and the Hub are instrumental in improving clarity, quality, and accessibility of services to the student community.

SSMU recognizes that the Hub is a strong history of advocacy towards better care practices and the Student Wellness Hub.

3. The SSMU Vision for Student Wellness on Campus

Toward continued resilience, accountability, and solidarity.

This policy acts as a framework of the long-term vision for SSMU.

anti-oppressive and promote cultural safety. SSMJ Mental Health will be adhering to the [SSMJ Policy on Accessible Education and Academics](#) as a guide.

4.3. Knowledge-informed: The institution's framework should incorporate lived experience, evidence-informed, trauma and violence-informed, practice-informed, and Indigenous ways of knowing. The framework should reflect changing circumstances, emerging trends and issues and be reviewed regularly on measurable and assessable improvement. SSMJ Mental Health will be adhering to the [SSMJ Policy on Accessible Education and Academics](#) as a guide.

4.4. Health promotion and reducing harm: Institutions should enable people to increase control over, and improve, their health. To reach a state of physical, mental, and social well-being, an individual or group should be supported to identify and realize aspirations, satisfy needs, and change or cope with the environment. Policies and practices should focus on reducing the harmful effects of activities that pose a degree of risk. SSMJ Mental Health will be adhering to the [SSMJ Harm Reduction Policy](#) as a guide.

4.5. Thriving community and culture of well-being: Acting proactively and intentionally to create empowered, connected, and resilient communities that foster an ethic of care, compassion, collaboration, and community action. A key priority is to encourage transformational learning environments that enable and inspire members of the post-secondary community to become, and continue to be, healthy and engaged community members and leaders both locally and globally. SSMJ Mental Health will be adhering to the [SSMJ Clubs and Services as SSMJ's Highest Priority Policy](#) as a guide.

4.6. Continuous improvement: Making ongoing improvements in commitment, strategy, and process all help to strengthen the institution's and community's capabilities to support the mental health of post-secondary students and adapt to the ever-changing post-secondary environment. SSMJ Mental Health will be adhering to the [SSMJ Executive Committees Policy](#) as a guide.

SSMJ is committed to honouring and respecting the standards of this policy, in order to foster a supportive, collaborative community focused on student well-being and the continuous conversation necessary to address the needs of all students. Pending research findings from the Advocacy Coordinator and updated recommendations from government and SSMJ, these guidelines

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