

Overview of Mental Health Initiatives at UTM

Academic Affairs Committee

February 12, 2018

Council Chamber, Room 3130 William G. Davis Building



Integrative & Comprehensive Programming

What do we know about successful students?

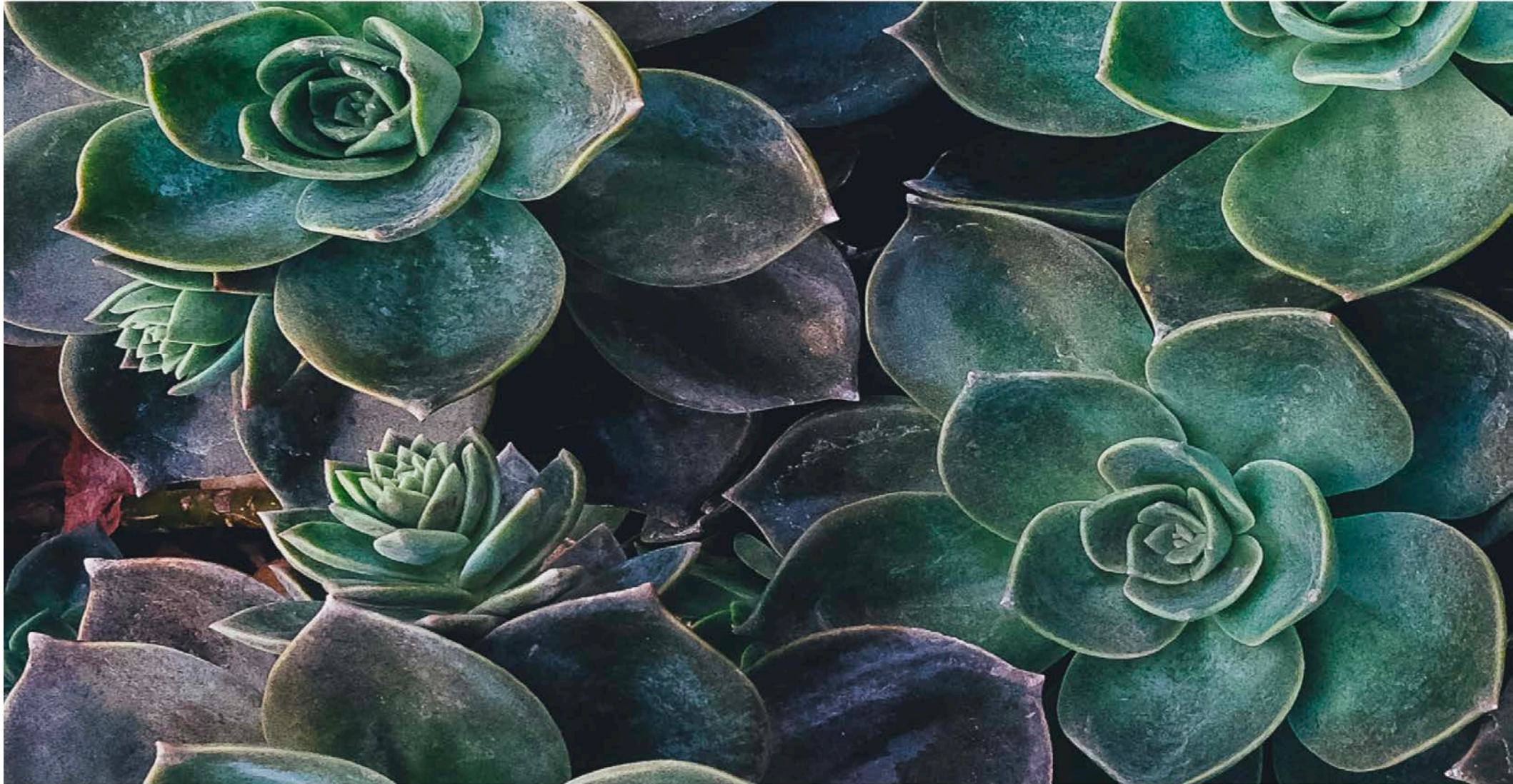
- Time Management skills
- Resiliency
- Social Networks (beyond social media)
- Understanding of health and situational stressors

What do we know about unsuccessful students?

- Constant struggles
- Lack resiliency as a tool
- Less physically active
- Isolated
- Anxious
- Situational depression/ anxiety

Initiatives & Commitments

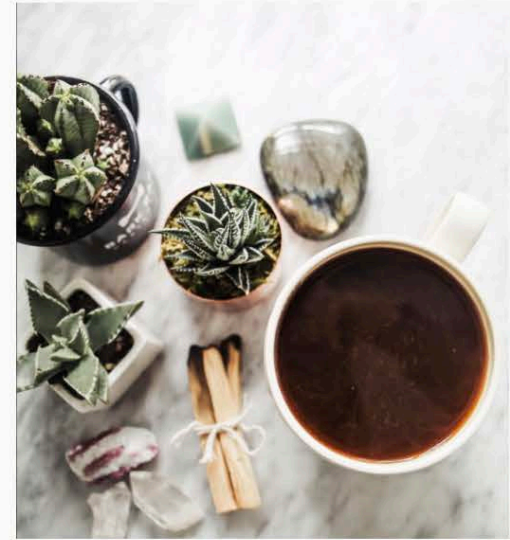
WELLNESS
at UTM





**HAVE A GOOD NIGHT
SLEEP TONIGHT!**

HELLO, FRIENDS!

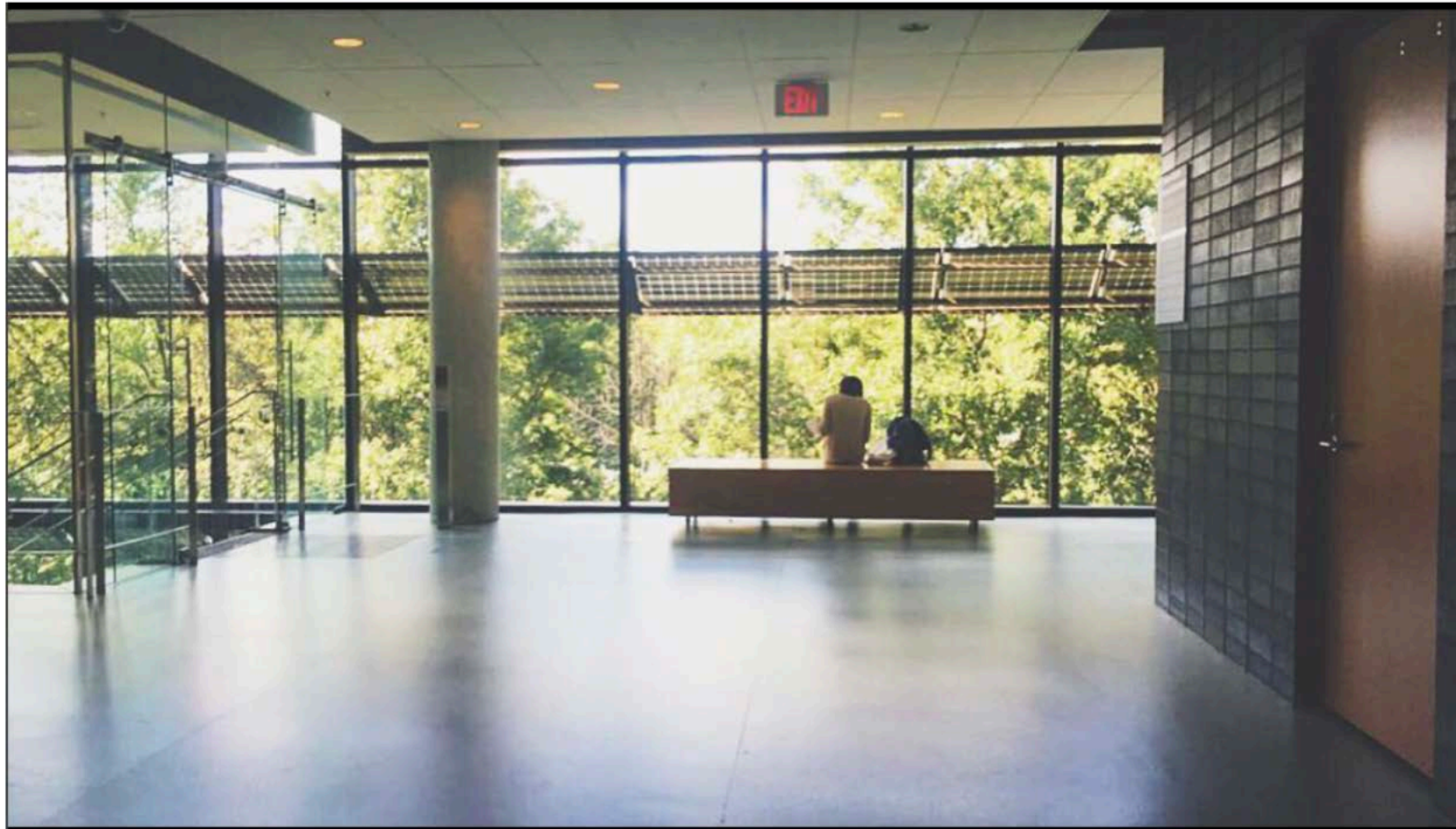


Welcome to Wellness at UTM. We share relatable and actionable information, tools, and resources for your health and wellness. New Post every Friday!

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Fitting in Fitness: How to get started?



FINDING COMMUNITY



EMBRACING THE WORD 'NO'

The year ahead...

Skills and Resource Embedded
Counsellor

Wellness Embedded Counsellor

Dedicated space for engagement

Resiliency as focus

