

# Overview of Mental Health Initiatives at UTM

Campus Affairs Committee

February 13, 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

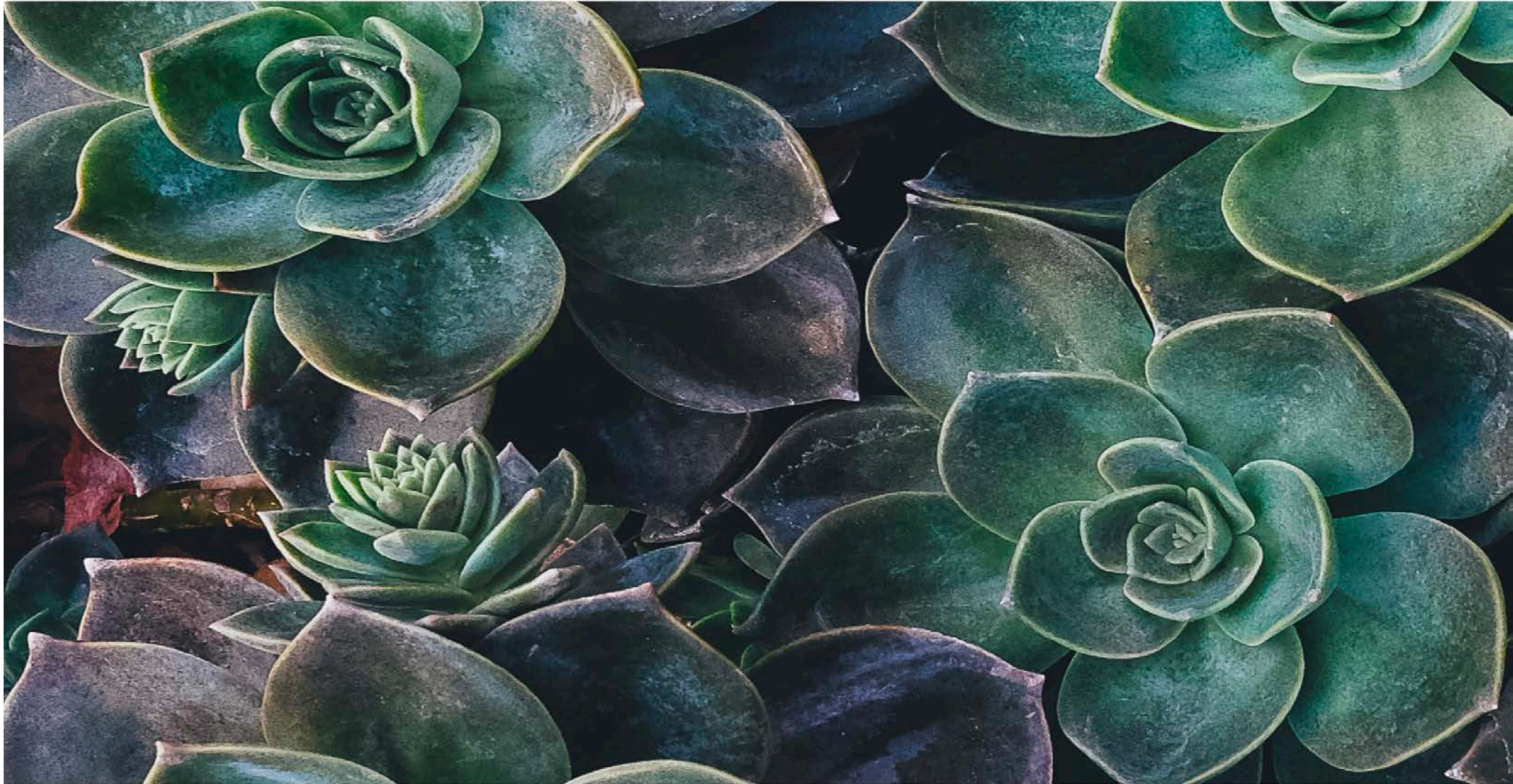
# What do we know about unsuccessful students?

- 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!



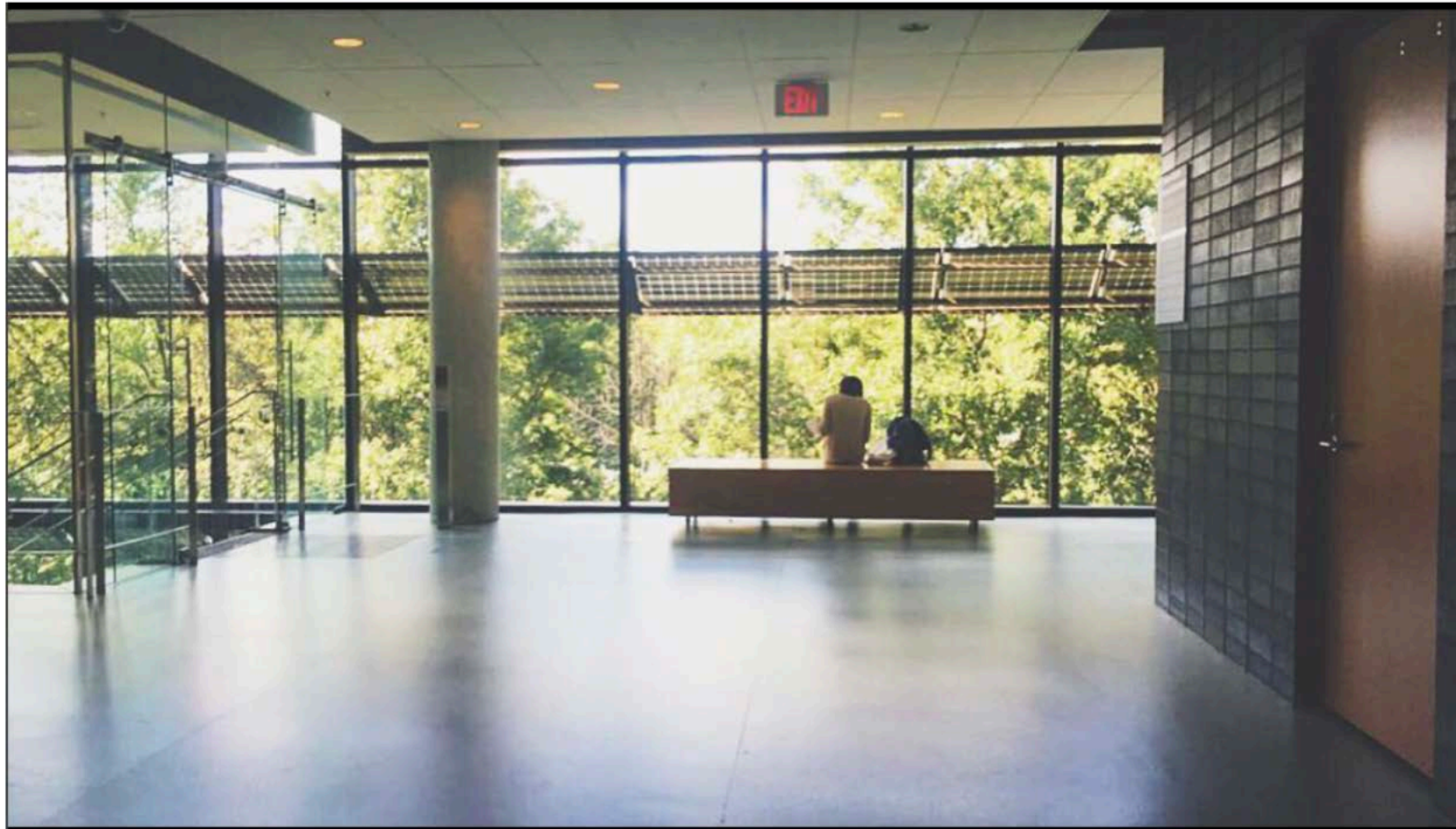
Welcome to Wellness at UTM. We share relatable and actionable information, tools, and resources for your health and wellness. New Post every Friday!

Search ...



**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

