



COLLEGE POLICY

POLICY #: SS02
POLICY: Student Mental Health Policy
POLICY HOLDER: Director, Student Services & Success
APPROVED BY EXECUTIVE:

3. Definitions

Crisis: A crisis is any situation that puts someone at risk of harming themselves or others and/or puts them at risk of being unable to care for themselves or function in a healthy manner.

Culturally Safe Spaces: Environments that foster respect, inclusivity, and emotional safety for individuals from diverse cultural backgrounds. They ensure that all students feel valued, supported, and empowered to express their identities and experiences without fear of discrimination or judgement. These spaces promote cultural understanding, open dialogue, and create a sense of belonging.

Distress: Distress is a state of emotional suffering associated with stressors and demands that are difficult to cope with in daily life.

Mental Health: Mental health is a holistic sense of emotional, spiritual, and cultural wellness that recognizes the interconnectedness of all people and the importance of respect for culture, equity, diversity, social justice, and dignity while fostering a sense of belonging and community.

Mental Illness: Mental illness may arise from organic, genetic, psychological, or behavioural factors (or combinations of these) that occur in an individual and are not understood or expected as part of normal development or culture – these can be acute or chronic and may fall within the definition of a "disability".

Student: A student is any individual enrolled in the institution, either full-time or part-time. This includes students active in a program who may be on a study break or vacation but are returning to study in the following term.

Wellness: Wellness refers to the capacity to live a fulfilling life and to have resilience to deal with life's challenges. Indigenous wellness can include cultural and community supports, traditional teachings, and land-based practices.

6.5. Faculty/Staff:

Make reasonable adjustments to their teaching and work practices to accommodate student needs.

Maintain confidentiality and respect students' privacy.

6.6. Student Services

Monitor and report on the effectiveness of mental health initiatives for all learners, with attention to Indigenous and marginalized groups.

Provide and promote procedural documents for students and staff to support them in their response to student distress or crisis situations.

Ensure the provision of and promote mental health training for staff and students.

6.7. Students:

Take an active role in their own mental health and well-being.

Seek support from available resources when needed.

Contribute to a supportive, respectful and inclusive campus environment.

7. Reporting

In accordance with the privacy guidelines identified in this policy and other statutory privacy obligations, the College

Appendix B: Student Wellness Advisory Committee - Terms of Reference

Purpose:

- To advise senior administration on matters related to student mental health and well-being.
- To provide input on the development, implementation, and evaluation of the Student Mental Health Policy and related initiatives.
- To promote collaboration and communication among students, faculty, staff, and community partners on issues related to student mental health, including the integration of Indigenous values, traditions, and healing practices.

Membership:

The committee will be composed of representatives from the following groups:

- Students (through SCSU and ISU)
- Faculty
- Staff
- Mental Health Professionals
- Community Partners (as appropriate)
- Indigenous Services/Staff