Putting a Spotlight on Mental Health

- Add “De-stigmatizing Mental Illness” to your next regular staff meeting agenda. Discuss this topic openly and honestly with staff & faculty. Ask if they are comfortable talking about this subject and the best means of addressing any concern. Ask what can be done to assure a “safe” environment in which anyone can ask for assistance.

- Invite discussion about mental health and various concerns that arise.
  - Why the stigma?
  - What are the barriers to open conversation?
  - How can we make a difference?

- Create an area in your office that makes resources such as pamphlets or brochures easily available to both staff and students.

- Young adults aged 15-24 experience the highest incidence of mental disorders of any age group in Canada. (Stats Canada)
  (see on-line Guide on Identifying & Referring Students)

- Mental illness does not equate to weakness or lack of ability. Many successful contributors to society have had experience with mental illness.

- Provide support to anyone who is assisting someone or who may be dealing with a mental illness themselves.

- For guidance on a specific situation involving faculty or staff members can contact the EFAP Key Person Advice Line at 780.428.7587.

- Counselling and Clinical Services is available to students who may be experiencing personal, academic or career concerns.

- Our EFAP program offers an e-course Managing Sensitive Employee Issues to assist managers and supervisors in addressing difficult situations.

Talk About It.

Visit Faculty and Staff for information on mental health services.

Information on student mental health can be accessed at Current Students.

Contact Information:

Human Resource Services
Phone: 780.492.2249

Employee and Family Assistance Program (EFAP)
Phone: 780.428.7587

Postdoctoral Fellows Assistance Program (PDAP)
Phone: 780.428.7587

Graduate Student Assistance Program (GSAP)
Phone: 780.428.7587

Counselling & Clinical Svcs.
Phone: 780492.5205