In October 2016, Carleton University launched the Student Mental Health Framework 2.0 with the goal of building a holistic, campus-wide approach to mental health and well-being. Over the past two years, students, staff and faculty have been working collaboratively towards implementing the 38 recommendations outlined in the Framework.

34 of the 38 recommendations have been implemented or are ongoing.

Enhancing Mental Health Support

- 24/7 off-campus professional mental health service
- Empower Me introduced in Fall 2018
- Online self-help and therapist assisted support offered through TAO
- Reduced wait times with the addition of 3 counsellors and 3 part-time psychiatrists in Fall 2018
- Additional teacher trained to increase availability of Koru Mindfulness program
- Access improved with Same-Day Counselling in Fall 2018
- Embedded Grad Student Counsellor piloted in 2018-19

Increasing Awareness, Training and Education

- 900+ staff, faculty and students participated in Supporting Students in Distress Workshops
- safeTALK delivered to 800+ campus members by 5 certified Carleton staff
- Mental Health and Well-Being Resource Guide distributed across campus
- 19,500+ visits to the Mental Health and Well-Being Website since October 2017
- The Health Promotion Team delivered 20 Mental Wellness Workshops to 800+ students and held 22 events
- Supporting a Friend Resource and Workshop developed and delivered by students
Building Thriving Communities

Mental Health Peer Support offered across campus with new programs piloted in 2018-19

The Student Mental Health Engagement Committee increased awareness of mental health and well-being with 11 Pop-Up Wellness events

Funds available through the Student Wellness Initiative Fund to develop well-being initiatives on campus

7 trained Carleton Therapy Dogs and handlers provided care and support to 750+ visitors since Fall 2018

CUSA, GSA, SAMH, Mental Health Champions and other student groups offered programming and initiatives to build awareness and connections

Next Steps

• Expanded mental health training for students, staff and faculty

• Resources and best practices for fostering well-being in the classroom

• Evaluation and assessment of programs and initiatives to ensure accessibility, sustainability and campus coordination

Submit a Care Report

If you are concerned about a struggling student and are unsure of the best resource or support, you are encouraged to submit a Care Report. This will alert the Office of Student Affairs who will get in touch with you to discuss next steps.

carleton.ca/studentaffairs/care-report

Is the situation an emergency?

On-campus: 613-520-4444
4444 (from any on-campus phone)

Off-campus: 911
(Notify Campus Safety Services)

If uncertain, you can call the Crisis Line:
613-722-6914

carleton.ca/wellness