



A few years ago our clients approached us and asked to look at mental health and wellness services that would support post-secondary students. We spent nearly a year researching the subject and found evidence that is now commonly known: that in Canada 1 in 5 people may be coping with symptoms of mental illness. We also found information that suggested that people may be experiencing mental illness and not seeking care, and when they do get to care it might not be appropriate for the situation. (2006, Senate report “Out of the Shadows at Last” by Michael Kirby)

We suggested an online service that would help students and give information about resources on campus and in the community. myWellness is a support tool that helps students put words to feelings in order to enable them to access the support they need.

myWellness is an online information centre that aims to help student navigate their way through their mental health concerns and questions. A main element of myWellness is the anonymous, online mental health assessment tool that provides instant feedback with suggested local and on-campus resources to reach out to, should there be a need. This tool has been approved for use as a practice management tool by the College of Family Physicians of Canada (which represents 6 out of 7 doctors in Canada).

The assessment takes the student through a series of confidential questions that adapt to a detailed secondary level of questions, which are based on the student’s primary answers in the initial review. This allows a focused approach on persistent thoughts and eliminates non-pertinent subject matter. The student’s answers generate a diagnostic risk assessment and, where applicable, a personalized action plan.



These can be shared with their on-campus physician, student counselor or family physician, simply by printing them out or sending them via email directly from the website. Essentially, it helps the student attribute words to feelings, and aids the practitioner in diving into the issue faster, with Canada’s only medically based and approved website for identifying and treating mental illness. Furthermore, myWellness can be used by health services and counsellors to help them as a triage tool so that students are seeing the right care provider sooner.

We added an awareness strategy called myWellness Development Plan, which includes working with your organization to help you make the service known on campus, through promotional campaigns and various information efforts, and also outlines how you can partner with on-campus resources.

myWellness also aims to reduce the stigma associated with mental illness by providing on-campus events and awareness materials that encourage students to consider their own health and well-being. By offering interesting monthly materials and supporting local events, myWellness stays current and encourages students to recognize that support is available in many forms. Some topics in the past have been: coping with study stress, establishing and maintaining healthy relationships, and following the 4 R’s to a restful night’s sleep.

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I hope this gives you a brief overview, and we invite you to contact us should you want more information on how this tool could be utilized by your organization. We would be more than happy to sit down and share the details with you.

Thank you,
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