

## Tips from Aedan

Aedan is a 4<sup>th</sup> year university student living with psychosis. Below are some of his suggestions to various groups in post-secondary to better support the needs of students living with psychosis.

### *To counsellors in post-secondary:*

- ✓ Each case is different. The needs of one student with psychosis may be very different from another student with psychosis. Try to be adaptable.
- ✓ Try to recognize the person beyond their diagnosis. There are many day to day stresses of being a student – they may or may not be related to their diagnosis.
- ✓ Promoting self-advocacy is great but sometimes students with psychosis just need support cutting through the bureaucratic red tape of post-secondary schools.

### *To staff working in disability services:*

- ✓ Being given an accommodations sheet and told to take it to your instructor/professor can be daunting. Support with this process would be great.
- ✓ Having an adjacent counselling office to the disability office would help.
- ✓ Different people with different perspectives reviewing a file or case can be beneficial. Having a peer support worker, a psychiatrist, a social worker and an occupational therapist akin to a circle of care model would be beneficial.

### *To faculty:*

- ✓ Be patient and willing to meet students with psychosis half-way, especially with deadlines for assignments.
- ✓ Sometimes there are more practical means of evaluation than a letter grade on a paper or exam. I would encourage faculty to think about other ways to evaluate learning and performance.
- ✓ More communication with professors and teaching assistants. T.A's might have a more direct relationship with student – yet are often less aware of students' required accommodations.
- ✓ Mental health training should also be required of faculty.

### *To policymakers/senior administrators:*

- ✓ Policies need to reflect the very real challenges and very real experiences of students living with a mental health condition.
- ✓ Please become educated towards some of the realities that students on your campus may face.
- ✓ Less red-tape. There is so much institutional bureaucracy that needs to be facilitated for those that require support.