

# Lessons Learned from Students



# Panel: lessons learned from students

Campuses have tried out a variety of mental health initiatives. Some have been a success. Some haven't had the anticipated uptake. New alternatives are becoming available. Join a discussion of students and campus practitioners talking about lessons learned.

**Moderator: Colin Andersen, Executive Vice President BEACON**



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# Panelists

## **Sean Connors**

Student Wellness Coordinator, Mohawk College



## **Sophie Helpard**

Executive Director, Ontario Undergraduate Student Alliance



## **Shannon Kelly**

Vice President of University Affairs, Wilfred Laurier University Students' Union

Vice President of Finance Ontario Undergraduate Student Alliance



## **Pratik Nair**

Evaluation and Knowledge Translation Lead, Jack.org



**Describe a student mental health initiative that has worked well, and one that hasn't.**

**Lessons learned?**

# Features of success at each stage

## **Outreach/Awareness**

- What has worked well to connect students to support?

## **Getting Started**

- What is important at this stage?

## **Support**

- What keeps student engaged once they have decided to seek support?
- Are some types of support more effective than others?

## **Follow-up/maintenance**

- What works best to help maintain good mental health?

## **Other key elements:**

- Decision makers – who plays a role in deciding which supports are available?
- Financial – how best to pay for mental health supports?
- Confidentiality
- Circle of care

# Key takeaways to be applied back on campus

# Lessons learned panel

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### Colin Andersen

Executive Vice President, BEACON

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