



## THE HEALTHY CAMPUS STUDENT ALLIANCE

### Promoting Positive Mental Health & Wellness at GBC

#### 1. CONNECT AND WORK TOGETHER

**Every community is based on strong relationships. GBC is a place to learn, meet friends, and make connections with members of the college community. Here are some ways get connected:**

- » From dragon boating to snowboarding to music, art, and design, there are lots of student clubs where you can meet people that share your interests: [www.georgebrown.ca/studentlife/clubs](http://www.georgebrown.ca/studentlife/clubs)
- » Become a leader and build new skills with The Student Leadership Academy: [www.georgebrown.ca/studentleadershipacademy](http://www.georgebrown.ca/studentleadershipacademy)
- » The Student Association runs social events throughout the year and offers academic support: [www.studentassociation.ca](http://www.studentassociation.ca)

#### 2. TALK IT OUT

**Managing the demands of classes, finances, family, work, and home life can be tough. We all have a lot going on and it can be overwhelming. The college community can support your efforts to create balance. Here's how to get support:**

- » Meet with a Counsellor. They support students by talking through academic and personal challenges and by helping students build skills to manage stress and increase well-being. Counsellors are available at every campus and you can drop in anytime. It's free, private and open to every student: [www.georgebrown.ca/current\\_students/counselling/](http://www.georgebrown.ca/current_students/counselling/)
- » Talk to your program coordinator. They want to help you succeed and can connect you to resources across the college.
- » Looking for an after-hours resource? Call Good2Talk – a free, confidential helpline providing professional counselling and information and referrals for Ontario college students: [www.good2talk.ca](http://www.good2talk.ca) or 1-866-925-5454.

#### 3. TAKE CARE OF YOURSELF

**Everyone gets stressed out. We all feel pressure to succeed in school. Sometimes stress creates obstacles to accomplishing our goals. Taking time out for yourself can be the best remedy. Here's how to take a breather on campus:**

- » Connect with a Peer Coach to develop strategies for healthier living. Peer Coaches meet with students one-on-one or in a group and can connect you to college resources. See a Peer Coach at St. James (A bldg, B121), Casa Loma (D313), and our new space at the Waterfront (lower level)
- » Check out GBC's athletics and recreation programs for fitness classes, gym hours and organized sports: [www.georgebrown.ca/athletics](http://www.georgebrown.ca/athletics)

#### 4. BE KIND – IT'S CONTAGIOUS

**The words we speak and the way we interact matters. A small act to help another person can go a long way. Showing others that we care about their well-being creates a healthier campus environment for all of us. Here's how:**

- » Use respectful language that lifts people up rather than language that puts them down. The diversity of the GBC community is one of our greatest strengths. See someone who looks stressed or upset? Take a minute to ask if they're OK or tell someone else who can help.
- » How do your actions impact others? Spread positivity, be respectful and try to see a situation from another's point of view.
- » Does someone look lost? Help them figure out where they need to go.

Four Ways  
to  
**THRIVE**  
at  
GBC

#### WANT TO JOIN THE CONVERSATION?

We're always looking for new members and groups to collaborate with. To learn more, email [healthycampus@georgebrown.ca](mailto:healthycampus@georgebrown.ca).



Academic and  
Student Affairs