

Mental Health Student Focus Groups at a Glance:

Thank you to the 135 students who chose to participate in the mental health services focus groups across Durham College. Student input into mental health supports and services is critical in order to provide relevant, effective, and accessible service. The following themes emerged from the collection and analysis of the data.

Students Currently:

- report that they use the Solace Center as a place to relax, recharge, and meet with coaches to support their wellbeing. Therapy animals are most frequently mentioned by students as a supportive initiative at the Solace Center
- know about the Campus Health Center and the services offered, although many students do not know where the Campus Health Center is
- report that they feel supported in the First Peoples Indigenous Center by the environment and staff
- view faculty as the primary source of information regarding available campus supports and services
- value quiet spaces on campus, community spaces like the PIT, sleep pods, open spaces, and informal drop in wellness spaces like the Solace Center

Areas to focus on to improve the student experience:

- increase student knowledge of existing campus supports and services through the use of DC Connect, and innovative in-class strategies
- enhance the capacity for faculty to support student's mental wellbeing. Provide a supportive in-class environment, and increase knowledge re: navigating a student to appropriate supports and services
- improve access to existing on-campus supports and services, through extended hours, weekend services, service extension to the Whitby campus, summer supports, and walk-in capacity
- provide a cross-campus supportive environment for student mental health and wellness, addressing stigma. Enhance informal, drop in supports for students.

Thank you for your dedication to the student experience at Durham College. If you have any further questions or comments regarding the mental health service review, please contact Nicole Daniel at Nicole.Daniel@durhamcollege.ca