



CENTRE FOR INNOVATION IN
CAMPUS MENTAL HEALTH

STAFF ORIENTATION PACKAGE

A digital toolkit for post-secondary staff and faculty



ABOUT THE CENTRE FOR INNOVATION IN CAMPUS MENTAL HEALTH

The **Centre for Innovation in Campus Mental Health** (CICMH) is a unique partnership between Colleges Ontario (CO), the Council of Ontario Universities (COU), the Ontario Undergraduate Student Alliance (OUSA), the College Student Alliance (CSA), and Canadian Mental Health Association, Ontario Division (CMHA Ontario). It supports campus and community partners in addressing student, staff, and faculty mental health and wellbeing.

We create everything from mental health toolkits, virtual courses and infosheets, webinars with post-secondary experts, innovative campus initiatives, and so much more!

Visit the CICMH website to browse through hundreds of mental health resources: **campusmentalhealth.ca**.

Follow us on social media!



[@cmhinno](https://twitter.com/cmhinno)



[@cmhinno](https://www.instagram.com/cmhinno)



**[The Centre for Innovation
in Campus Mental Health](https://www.linkedin.com/company/cmhinno)**

CICMH RESOURCES

INFORMATION SHEETS

Our **information sheets** (infosheets) are short informative documents that gives the most relevant description on a mental health-related topic. Infosheets also include campus examples.

STRESS & ANXIETY

Anxiety can be a normal response to certain situations, but for some, it's a constant challenge affecting daily life. This infosheet helps you support students by defining stress and anxiety and offering practical tips to manage and reduce their impact.

LONELINESS & CONNECTION

Loneliness affects mental health in profound ways. This infosheet defines loneliness, explores its dimensions, and examines the link between isolation and connection. It also offers practical tips to help students cope and build meaningful relationships when loneliness arises.

EMOTIONAL REGULATION

Emotional regulation is key to student well-being. This infosheet explores mindfulness-based strategies to boost emotional awareness, reduce stress, and enhance coping skills, empowering students to navigate challenges more effectively in their academic and personal lives.

TOOLKITS

Our toolkits are larger documents that dive deep into relevant mental health topics in post-secondary environments and includes recommendations for implementing systems change.

MENTAL HEALTH CRISIS RESPONSE ON CAMPUS

This toolkit guides campuses in shifting from siloed mental health crisis responses to a whole-campus approach, empowering faculty, staff, and administration to work together and ensure every student receives the support they need.

ANTI-OPPRESSIVE PRACTICE - PARTS 1 & 2

These toolkits help campus staff and faculty understand anti-oppressive practice, its connection to mental health, and the importance of integrating these practices into supporting students for more inclusive and effective care.

SUPPORTING 2SLGBTQIA+ STUDENTS ON CAMPUS

This toolkit sheds light on the challenges queer students face on campus, often unseen by those in support roles. It offers insights and recommendations to identify and address these barriers, fostering a more inclusive and supportive environment.

PODCASTS

Our [Mental Health on Campus Podcast](#) episodes are brief audio programs that explore various mental health topics that impact post-secondary. The podcasts are designed for both students and staff, and each episode features insightful conversations with experts. They can be streamed or downloaded to listen on-demand (10 - 20 minutes).

Episode 12 - Connecting with Indigenous Students and Staff on Campus

In this episode, we discuss the ways mental health services can be improved on campus for Indigenous students, advice for Indigenous staff who'd like to share their knowledge with their colleagues, how non-Indigenous staff and faculty can support Indigenous colleagues and students, and more.

Episode 9 - Supporting 2SLGBTQ+ Students on Campus with Taylah Harris-Mungo and Adanyi Phillip

In this episode, we discuss the well-being of 2SLGBTQ+ students on campus and ways youth are finding supports. Highlighting the challenges faced by international students and what post-secondary institutions can learn from community organizations to better support the mental health of queer students on their campuses.

PROFESSIONAL DEVELOPMENT

MORE FEET ON THE GROUND

Learn how to recognize, respond and refer students experiencing mental health issues on campus.



More Feet on the Ground is an online resource intended to be a one-stop shop for any campus professional or student leader looking to understand more about mental health and refer a student to relevant programs or departments. It was developed to help faculty, administration, and campus staff learn how to recognize, respond, and refer students experiencing mental health issues on campus.

Visit morefeetontheground.ca today to learn more and complete the free course!

WEBINARS

Our monthly webinars are held for staff, administrators, and department heads on topics that are relevant to supporting post-secondary mental health. They are typically an hour long, with a 45-minute presentation/panel and a 15-minute question period. *All webinars are recorded and uploaded on to our website for anyone to view them.*

We also have a Webinar Certificate Program for anyone who attends 4 webinars from our monthly webinar series within the fiscal year (April - March). Check out some of our most recent webinars below:

Navigating Substance Use Issues and Recovery Supports in Post-secondary Institutions:

In this webinar, Jason Parete (University of Windsor) and Mack Park (ARHE) discussed substance use and recovery in post-secondary settings, the impact of stigma, and strategies for supporting students and advocating for student recovery programs on campus.

Black Student Mental Health Matters: Afrocentric Frameworks to Restore Black Wholeness

In this webinar, Naiima Farah, Faculty Counsellor at George Brown College, explored mental health challenges faced by African, Black, and Caribbean (ABC) students, focusing on the impact of colonial violence and the limitations of current anti-Black, deficit-focused approaches.

E-LEARNING COURSES

CICMH has developed three self-paced courses to support the mental health and wellbeing of post-secondary students. While they are geared towards students, everyone is welcome to take them.

Managing Stress and Loneliness

By completing this online course, you will:

- Understand stress and its impacts
- Recognize the interaction between stress and loneliness
- Identify protective factors
- Explore strategies to combat them

Improving Your Rest and Sleep

By completing this online course, you will be able to:

- Understand how rest and sleep are related to your mental health.
- Learn to use tips and tools for better rest and sleep.
- Appreciate your relationship to rest and sleep.

Transitioning to the Workforce

By completing this online course, you will be able to:

- Identify some of the challenges that arise during the transition after graduation
- Learn the strategies that could be used to manage those challenges
- Navigate the resources within the community for a smoother transition

NETWORKING AND COLLABORATION OPPORTUNITIES

COMMUNITY OF PRACTICE

Our Community of Practice (COP) calls are virtual spaces for both post-secondary institutions and community mental health organizations. These calls can be used as an opportunity to highlight the work you are doing, to ask for advice or help on a specific topic or program, or as a chance to just listen in and learn from others. Each fiscal year, we facilitate regional, international student, peer support, French, and Indigenous COPs.

REGIONAL FORUMS

Our Regional Forums are free in-person events for post-secondary institutions and community mental health organizations to connect and collaborate. Each forum features a workshop presentation from our team on a specific mental health topic on campus, providing valuable insights and practical strategies. This is a great opportunity to share your work, seek advice, and learn from others in the field. These forums happen once a year in each of our regions (Northern, Central, Eastern, Southern and Kitchener-Waterloo, Western).

VIRTUAL CONFERENCE

The **CICMH Virtual Conference** is an opportunity for stakeholders in post-secondary mental health to come together, connect over their shared goals, and learn new strategies to bring back to their practice. Stay tuned for the 2025 save the date!

**STAY
CONNECTED
WITH CICMH**

NEWSLETTER

Our newsletter is sent out twice a month, once at the beginning of the month and another is sent out as a mid-month update. The purpose of our newsletters is to keep our stakeholders informed on everything new at CICMH. You can subscribe to our newsletter [here](#).

CONSULTATION

For any inquiries you may have about CICMH's work please email info@campusmentalhealth.ca.