



CENTRE FOR INNOVATION IN  
**CAMPUS MENTAL HEALTH**

# MENTAL HEALTH RESOURCES

A digital toolkit for post-secondary students, 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 wellness.

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](https://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**

# INFORMATION SHEETS

Our information sheets (infosheets) provide an overview of important topics for students, faculty, staff and others working in campus mental health.

Here are a few of the available digital infosheets:

## STRESS & ANXIETY

Though feeling anxious in certain situations can be perfectly normal, for some people, feelings of anxiety are more constant and can often affect their daily lives. This infosheet defines stress and anxiety, and offers tips to manage both.

## LONELINESS & CONNECTION

This infosheet highlights the definition and dimensions of loneliness, the impacts of loneliness on mental health, the relationship between isolation and connection, as well as tips for coping with loneliness when it appears in our lives.

## HOW TO GET ALONG WITH YOUR ROOMMATE

Living with a roommate is one of the cornerstone events of a post-secondary experience. This infosheet provides insights into common issues that can occur when living with a roommate and have to work through these conflicts.

# TOOLKITS

**CICMH toolkits are built to help Ontario's colleges and universities support the campus community.**

**Here are a few of the available digital toolkits:**

## MENTAL HEALTH CRISIS RESPONSE ON CAMPUS

This toolkit is designed to support faculty, staff, and administrations on campus in moving from a siloed-departmental approach to mental health crisis response, to a whole-campus approach where everyone plays a part.

## ANTI-OPPRESSIVE PRACTICE - PARTS 1 & 2

These toolkits (parts 1 & 2) aim to help those who support students on campus better understand what anti-oppressive practice is, how it intersects with mental health, and why it is important to embed anti-oppressive practices into our work on campus.

## SUPPORTING 2SLGBTQ+ STUDENTS ON CAMPUS

This toolkit addresses the ways in which students may be faced with challenges and barriers on campus due to their queer identity, how those challenges may be invisible to those in positions of support and provides recommendations to address those barriers.

# VIRTUAL COURSES

**CICMH has developed two new self-paced courses to support the mental health and well-being of post-secondary students. While they are geared towards students, everyone is welcome to take them:**

## Improving Your Rest and Sleep

By completing this online course, you will:

- 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.





# 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](https://morefeetontheground.ca) today to learn more and complete the free course!

# ADDITIONAL RESOURCES

## WEBINARS

### **New! Webinar Certificate Program:**

Anyone who attends six webinars of our monthly webinar series in the course of the fiscal year (April 1, 2024 to March 31, 2025) will receive a certificate by email, recognizing their learning that year. Check out the webinar schedule on our website, and [register today!](#)

## MENTAL HEALTH ON CAMPUS PODCAST

Listen to the [Mental Health on Campus Podcast](#) to learn more about various mental health topics including sleep, men's mental health and gambling addiction. The episodes are available on our website, Spotify, Google Podcasts and Apple Podcasts!

## VIRTUAL CONFERENCE: NOVEMBER 13, 2024

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. Visit the conference website to [learn more and register!](#)