

Laurentian University

Student Mental Health and Wellness Policy

Annual Implementation Update - 2025

Submitted on March 11, 2026 in accordance with the Strengthening Accountability and Student Supports Act, 2024



Executive Summary

This report provides an annual update on the implementation and effectiveness of Laurentian University's [Student Mental Health and Wellness Policy](#) in accordance with institutional policy requirements and the Strengthening Accountability and Student Supports Act, 2024.

The report highlights activities undertaken to promote mental health awareness, strengthen access to support services, and foster a campus culture that prioritizes student wellbeing. It also summarizes consultation activities, implementation initiatives, and institutional planning related to student mental health and wellness.

This update builds on implementation work carried out during the past year, including awareness campaigns, student engagement initiatives, preparation for the Canadian Campus Wellbeing Survey (CCWS), and consultations with student groups.



Introduction

Laurentian University is committed to fostering a campus culture that prioritizes mental health and wellness. The Student Mental Health and Wellness Policy provides a framework for supporting student wellbeing through prevention, early intervention, accessible services, and collaborative partnerships.

This report provides an overview of activities undertaken during the reporting period to support the implementation of the policy and to strengthen mental health supports for students across campus.

To support the implementation of activities under the Mental Health Action Plan (MHAP) grant, Laurentian University hired a **one-year full-time contract position** within Counselling and Accessibility Services. This position supports the coordination of MHAP deliverables, including awareness initiatives, consultation activities, and preparation for the Canadian Campus Wellbeing Survey (CCWS).

Policy Implementation Activities

Several initiatives were undertaken to support the implementation and promotion of the Student Mental Health and Wellness Policy. These initiatives focused on increasing awareness of mental health supports, strengthening communication of available resources, and engaging students and the broader campus community in mental health and wellness initiatives.

Awareness campaigns and outreach initiatives were conducted throughout the academic year to increase visibility of mental health resources and reduce stigma associated with help-seeking.

These initiatives included:

- Pop-up booths during various Laurentian University events to promote the Student Mental Health and Wellness Policy and raise awareness of available support services

- Distribution of mental health promotional materials including policy-related swag, magnets, first-aid kits and informational resources to increase visibility of mental health supports
- Policy posters placed across campus with QR codes linking directly to mental health resources and support services
- Social media contents highlighting mental health awareness, wellbeing tips, and available student supports
- Updates to the Mental Health Support webpage to improve accessibility and visibility of mental health services for students
<https://laurentian.ca/services/support>
- Promotion of the D2L “Discovering Wellness” contents to encourage students to engage with digital wellbeing resources and learning modules
- Collaboration with student associations and clubs to promote mental health initiatives and student engagement activities

Digital resources were also developed to support student well-being, including curated wellness resources such as the LU Wellness Spotify playlist.

These initiatives supported the policy objective of increasing awareness of mental health resources and encouraging help-seeking behaviour among students.

Student Consultation and Engagement

As part of the ongoing implementation of the policy, student consultations were conducted through a series of focus groups organized in collaboration with the Students’ General Association (SGA), the Association des étudiantes et étudiants francophones (AEF), and the Graduate Students’ Association (GSA).

The focus groups were held between November 18 and November 20, 2025 and provided opportunities for students to share feedback on mental health supports and policy awareness.

Students highlighted several key themes including:

- Low awareness of the Student Mental Health and Wellness Policy
- Challenges in navigating mental health services
- The need for clearer communication about available resources

- The importance of culturally responsive and inclusive supports
- The value of peer-led engagement and student association involvement

Feedback gathered through these consultations will inform future improvements to communication strategies, awareness initiatives, and service delivery related to student mental health supports.

Faculty and Staff Feedback Summary

In addition, outreach communications were distributed to faculty and staff to increase awareness of the Student Mental Health and Wellness Policy and encourage engagement in supporting student mental health. Faculty and staff members were invited to provide feedback through an online survey distributed via email.


The survey collected input on awareness of the policy, accessibility of mental health supports and services, and recommendations for strengthening mental health and wellness initiatives on campus. Responses from faculty and staff indicated that while some members of the university community are aware of the policy, additional efforts may be needed to improve visibility and communication about available supports.

Several respondents suggested increasing awareness through course syllabi, D2L course pages, social media, and campus communications. Participants also emphasized the importance of ensuring that students are aware of how to access services, improving the visibility of counselling and support resources, and continuing to strengthen culturally responsive and inclusive supports for diverse student populations.

Feedback collected through this consultation process will inform future improvements to communication strategies, service accessibility, and mental health programming at Laurentian University.

Canadian Campus Wellbeing Survey (CCWS)

Laurentian University prepared for participation in the Canadian Campus Wellbeing Survey (CCWS), a national survey designed to assess student health and wellbeing across Canadian postsecondary institutions.



Preparation activities included obtaining **Research Ethics Board (REB) approval**, coordinating institutional participation, and developing a communications strategy to encourage student participation.

The survey is scheduled to be administered between March and April 2026, and will provide valuable insights into student mental health, wellbeing, and campus experiences.

The results will support evidence-based planning and continuous improvement of mental health supports and services.

Education, Awareness, and Culture Change Activities

Throughout the year, Laurentian University implemented initiatives aimed at increasing awareness of mental health and reducing stigma.

These initiatives included awareness campaigns, outreach activities, and collaboration with student associations to promote open conversations about mental health and wellbeing.

The university continues to promote a campus culture that encourages help-seeking and prioritizes the wellbeing of students, staff, and faculty. These activities support the university's commitment to fostering a supportive campus environment and align with provincial directives related to student mental health and wellbeing.

Statistics on Student Engagement with Mental Health Initiatives

During the reporting period, Laurentian University organized a series of outreach activities, awareness initiatives, and consultation sessions to promote mental health awareness and increase engagement with available supports and services.

A total of 19 mental health promotion and engagement activities were conducted across campus, including service fairs, awareness week programming, wellness initiatives, and student consultation sessions related to the Student Mental Health and Wellness Policy.

Across these initiatives, approximately 335 students participated, along with 33 staff and faculty members who supported outreach and engagement activities.

Key initiatives included:

- Orientation and Welcome Week service fairs introducing students to campus supports and mental health resources
- Programming during Mental Illness Awareness Week, including activities such as the Chill Challenge, Self-Care Day, and Mood Walks
- Student Mental Health Policy focus groups organized with the Student Associations and Clubs
- Ongoing wellness activities such as Mood Walks, encouraging social connection and physical activity

These initiatives provided opportunities for students to learn about available mental health resources, connect with campus supports, and provide feedback to inform ongoing improvements to mental health services.

Event Participation Summary

Initiative Type	Number of Events	Student Participation	Staff/Faculty Participation
Orientation & Service Fairs	4	124	13
Mental Illness Awareness Week Activities	3	105	5
Mood Walks Wellness Activities	8	23	5
Student Mental Health Policy Focus Groups	3	44	8
Other Awareness Activities	1	36	2
TOTAL	19	332	33

Privacy and Confidentiality

Laurentian University maintains strict protocols to ensure the privacy and confidentiality of students accessing mental health services.

All services operate in accordance with applicable privacy legislation and institutional policies to ensure that personal information is protected and students feel safe accessing support.

Assessment of Policy Effectiveness

The effectiveness of the Student Mental Health and Wellness Policy is assessed through multiple mechanisms including:

- Student consultations and focus groups
- Institutional surveys such as the Canadian Campus Wellbeing Survey
- Feedback from students, faculty, and staff
- Evaluation of engagement with awareness initiatives

These evaluation efforts support continuous improvement of mental health programs and services.

Future Priorities

Laurentian University will continue to strengthen the implementation of the Student Mental Health and Wellness Policy.

Future priorities include:

- Analyzing results from the Canadian Campus Wellbeing Survey
- Improving communication strategies to increase awareness of services
- Expanding collaboration with student associations and clubs
- Enhancing accessibility and inclusivity of mental health supports
- Addressing structural and administrative barriers identified by students
- Increasing visibility and accessibility of mental health services through improved communication and digital platforms

Resources and Institutional Support

Laurentian University continues to support mental health initiatives through institutional resources, including counselling services, wellness programming, and collaborative partnerships with community organizations.

Implementation initiatives have also been supported through funding provided under the Mental Health Action Plan (MHAP) grant. The grant has supported awareness initiatives, outreach activities, consultation processes, and preparations for the administration of the Canadian Campus Wellbeing Survey.

During the reporting period, expenditures related to MHAP activities were tracked to ensure responsible use of grant funding and alignment with the objectives of the Mental Health Action Plan.



Conclusion

Laurentian University remains committed to fostering a supportive and inclusive environment that prioritizes student mental health and wellbeing.

Through continued collaboration with students, faculty, staff, and community partners, the university will continue to strengthen the implementation of the Student Mental Health and Wellness Policy and ensure that students have access to the supports they need to succeed.

