

# STOP THE STIGMA TOOLKIT

Resources and strategies for Lakehead staff and faculty to embed in their spaces that support student well-being during the year



Lakehead  
UNIVERSITY

Student Health  
and Wellness



## ABOUT STUDENT HEALTH AND WELLNESS

Student Health and Wellness aims to provide holistic, evidence-informed health and wellness services to meet the diverse needs of our student population. We provide counselling, health services, and wellness programs so that students can get the most out of their Lakehead experience.

## WHY HEALTH AND WELLNESS MATTERS FOR STUDENT SUCCESS

- Research shows that student health and wellbeing is inextricably linked to academic success, retention, and persistence to graduation.
- More students with pre-existing and or complex mental health needs are attending postsecondary institutions (CICMH, 2015).
- According to Lakehead University data, the four top impediments to academic performance as reported by students include stress, sleep, depression, and anxiety (NCHA, 2022).
- Languishing mental health and the development of mental illnesses have been linked to absenteeism, dropout, substance misuse, declining academic performance, and suicide (Alberta Advanced Education, 2017).
- Lakehead recognizes that investing in the enhancement of health and wellness interventions will better position us for success in both the classroom and the workplace (Our Trail to Wellness, Lakehead University Wellness Strategy, 2020-2025)



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## **PREPARING YOUR PLAN**

### **HOW STUDENT HEALTH AND WELLNESS CAN SUPPORT YOU**

Supporting student wellbeing is all of our responsibility. We all play an essential role in creating a culture of wellbeing, helping connect students to resources, and helping students thrive at Lakehead University. Student Health and Wellness offers various resources, programs, and services that you can connect students to. In addition, Student Health and Wellness can assist you in implementing evidence-based strategies in your settings to support student well-being. The following includes some actionable strategies and suggestions faculty and staff can implement to enhance student wellbeing in their own settings. We also regularly update and add content to our [Information and Resources for Staff and Faculty\\_page](#).

## **HEALTH AND WELLNESS RESOURCE EDUCATION & GENERAL STRATEGIES**

### **COURSE OR MEETING STRUCTURE AND CONTENT**

- Include a health and wellness presentation, training or program in your class or meeting.
- Add or adapt a class assignment, like a reflection or paper topic, to focus on public health or wellness current issues.
- Use [instructional strategies](#) that promote a culture of wellbeing.
- Adjust deadlines to promote sleep hygiene
  - Have assignments due by 10 pm instead of midnight.
  - Have all meetings end prior to 10 pm.
- Include [Health and Wellness Syllabus](#) statements into your course syllabi.



- Use the Thriving in the Classroom toolkit to find resources which can easily be inserted directly into your curriculum and to support you in designing curriculum and utilizing pedagogical approaches that promote resilience.
- Have students attend a health and wellness event on campus for extra credit or as a group activity.
- Incorporate breaks into longer classes or meetings. Focus these breaks on wellbeing practices like stretching, relaxing music, or mindfulness.

## PROVIDE INFORMATION AND RESOURCES

- Promote Student Health and Wellness flyers/brochures in your spaces.
- Share Student Health and Wellness content in your presentation from the LOR.
- Add the Stepped Care video to your D2L classroom. This provides a detailed overview of the services and resources available to students on campus.
- Add Information to your Email Signature about Health and Wellness.
- Promote the Staying Healthy self-help resources available for students, faculty, and staff.
- Follow Us and Share Social Media Content on your pages.
  - Thunder Bay- @lakeheadlife
  - Orillia- @lakeheadlifeor
- Encourage students to take the WellU Key- a screening assessment to learn more about areas of wellbeing that may be affecting them and resources they can access for support.
- Promote the TalkCampus app- a 24/7 global peer support app available to students with their Lakehead email.



- Share information about Campus Recreation fitness classes, personal training, and intramurals.
  - Thunder Bay
  - Orillia
- Promote food security resources on campus including the LUSU Food Resource Centre

## PROGRAMMING AND EDUCATION

- Complete and promote Living Works Start a self-guided e-learning program that teaches how to recognize when someone is thinking about suicide and steps to connect them to help
- Have all staff/faculty in your department complete the Supporting Students in Distress training
- Encourage students to complete the self-guided WellU Resilience course in D2L

## SUPPORTING YOUR OWN WELLBEING

Your well-being should not be put on the backburner.

- Visit HR's Wellness Resources and Events page
- The Employee and Family Assistance Plan provides confidential and professional counselling assistance for employees, spouses and dependents.
- Learn how taking care of your own well-being helps others.
- Download TalkLife Workplace an online wellness peer support platform available to all employees of Lakehead University.

**\*THIS TOOLKIT WAS ADAPTED FROM THE IOWA STATE UNIVERSITY SUPPORTING STUDENT WELLBEING TOOLKIT**