

Policy Statement IX – Mental Health

Adopted: November 2017

Expires: January 1, 2021

WHEREAS based on a campus of 30 000 students, 3, 930 seriously considered suicide¹;

WHEREAS based on a campus of 30 000 students, 17 250 students felt hopeless²;

WHEREAS based on a campus of 30 000 students, 630 attempted suicide³;

WHEREAS post-secondary students are receiving psychological or mental health services from a counselor, therapist, psychologist, psychiatrist, or medical provider⁴;

WHEREAS post-secondary students are receiving psychological or mental health services on the University of Lethbridge campus⁵;

WHEREAS since 2007 – 2008, there has been a 142% increase in booked appointments with counselling services at the University of Lethbridge⁶;

WHEREAS the University of Lethbridge should be providing mental health supports for all students on campus regardless if the need is clinical or non-clinical;⁷

WHEREAS current post-secondary students are under more stress than ever before as a result of factors such as the increasing cost of education;

¹ American College Health Association. *American College Health Association-National College Health Assessment II: Alberta Canada Reference Group Executive Summary Spring 2016*. Hanover, MD: American College Health Association, 2016.

² Ibid.

³ Ibid.

⁴ American College Health Association. *American College Health Association – National College Health Assessment II: Canadian Reference Group Data Report Spring 2016*. Hanover, MD: American College Health Association: 2016.

⁵ Ibid.

⁶ As of 2015.

⁷ Clinical services are defined as services for post-secondary students with complex and higher intensity mental health needs.

Non-clinical services are defined as services for post-secondary students that provide direct support for those with mental health concerns, prevention and early intervention, short-term crisis intervention, screening and referrals to community based services and 24 hour supports. Non-clinical services encompass 95% of mental health services on the University of Lethbridge campus.

WHEREAS there is still a stigma associated with mental illness, which prevents many from seeking the help they need;

WHEREAS physical and emotional well-being are directly correlated with the state of one's mental health.

BE IT RESOLVED THAT the ULSU,

The University of Lethbridge Students' Union advocate for a policy that:

- a) Secures long-term, predictable funding for mental health services at the University of Lethbridge campus;
- b) Secures funding for tier 3 clinical mental health services on campus;
- c) Results in a variety of different events and programs, consistently throughout the year, aimed at reducing student stress, such as stress-busters (therapy dogs, calm cafes, etc.) and thus, working to reduce mental health concerns on campus;
- d) Recognizes that physical health is also of paramount importance in achieving good mental health, and thereby ensures that adequate exercise facilities, adequate outdoor spaces, and healthy eating options are readily available to students, at a reasonable cost;
- e) Results in a concerted effort by the University of Lethbridge to remove the stigma associated with mental illness, so that those affected will feel secure enough in themselves to access the services available to them;
- f) Ensures an increase in awareness concerning student mental health on the University of Lethbridge campus.