



# MENTAL HEALTH & WELL-BEING FRAMEWORK



The primary focus of the Mental Health and Well-being Framework is the mental health and well-being of current Trent University students. From a socio-ecological model of health, the mental health and well-being of staff and faculty impact the ecology in which students live and learn, though the mental health and well-being of staff and faculty is beyond the scope of this project as it is currently structured.

## **VISION FOR MENTAL HEALTH & WELL-BEING AT TRENT**

At Trent University, we share responsibility for fostering and nurturing inclusive communities. We embrace support, resources and education so everyone can reach their potential and flourish. We take care of each other.

## **FRAMEWORK PURPOSE**

The mental health and well-being Framework at Trent University strives to promote an inclusive, caring and flourishing campus community by creating priorities for:

- mental health service delivery
- wellness promotion; and
- creating a culture of well-being.





## GUIDING PRINCIPLES



**Mental Health & Well-being:** The World Health Organization includes mental well-being as part of the general definition of health (World Health Organization, n.d.). This is a universal concern; everyone deserves to have positive mental health.



**Community Responsibility:** Mental health and well-being are both an individual and collective experience. A supportive community and social inclusion are important contributors to mental health and well-being. We all have a responsibility to create and maintain an environment where individuals can feel safe and supported.



**Inclusivity:** People experience health in different ways. Through acceptance, empathy, and dialogue we create a sense of belonging.



**Caring:** By having the authentic intention of taking care of ourselves, each other, our community, and our environment, we build healthier communities.



**Potential:** Every person is supported to explore and flourish.



**Services & Resources:** We respond to the emerging and diverse needs of our students.



**Collaboration:** We build connections and supportive relationships within Trent University and with the broader community.



**Well-being & Education:** The academic experience and well-being are inter-connected. There will be times to prioritize well-being.



FOCUS AREAS & GOALS

The Framework takes a systemic approach to student mental health, acknowledging the environmental and social factors influencing mental health and well-being.

The focus areas of the Framework are:

- **Culture & Organization:** Inclusive, safe, and supportive campus
- **Mental Health Literacy:** Well-being promotion and illness prevention
- **Mental Health Support:** Services and crisis management



Figure 1: Mental Health & Well-being Framework

Within each area of focus, the follow goals and objectives are suggested:

Table 1: Mental Health Framework Goals & Objectives

| Areas of Focus   | Goals & Objectives  |
|--|---|
| <b>CULTURE &amp; ORGANIZATION</b><br><i>Inclusive, safe, and supportive campus</i> <ul style="list-style-type: none"><li>• Inclusive Campus</li><li>• Policy</li><li>• Visibility of a Healthy Campus</li><li>• Building student communities</li><li>• Universal Design for Learning (UDL)</li></ul> | <ul style="list-style-type: none"><li>• All students feel safe, included, and respected for their individual difference.</li><li>• Students feel supported and a sense of belonging.</li><li>• Policies support student mental health and well-being.</li><li>• Procedures and services mitigate barriers to education and/or well-being.</li><li>• Data drives service delivery, programming and priorities.</li><li>• It is clear that health and well-being are priorities at Trent University.</li><li>• Students are aware of their rights with respect to mental health and inclusion.</li><li>• Universal Design for Learning (UDL) is considered in all courses and as new initiatives, courses, programs, and buildings emerge.</li><li>• UDL standards guide policy, courses and programs.</li><li>• <u>Annual Reporting Measures:</u><ul style="list-style-type: none"><li>• Perceptions of the climate with respect to mental health (from the Canadian Campus Wellbeing Survey)</li><li>• Sense of belonging (from the Fall Engagement Survey)</li></ul></li></ul> |

| Areas of Focus   | Goals & Objectives  |
|--|---|
| <b>MENTAL HEALTH LITERACY</b><br><i>Well-being promotion and illness prevention</i> <ul style="list-style-type: none"> <li>• Training</li> <li>• Early identification</li> <li>• Social Determinants of Health</li> <li>• Managing &amp; normalizing stress</li> </ul> | <p>All campus stakeholders have access to student mental health and well-being training.</p> <ul style="list-style-type: none"> <li>• Staff and faculty are confident in providing effective and meaningful referrals to supports and services.</li> <li>• Social determinants of health are considered in providing programming and services to students.</li> <li>• Enhance student mental health literacy including but not limited to: stress, accessing help, the difference between mental health and mental illness.</li> <li>• Campus stakeholders understand a consistent process for identifying when and how to help students, that balances privacy and support.</li> <li>• <u>Annual Reporting Measures:</u> <ul style="list-style-type: none"> <li>• Awareness of services and resources (from the Fall Engagement Survey)</li> <li>• Helping behaviours (e.g. referring a friend in need) (from the Canadian Campus Wellbeing Survey)</li> </ul> </li> </ul> |

| Areas of Focus   | Goals & Objectives  |
|--|---|
| <b>MENTAL HEALTH SUPPORT</b><br><i>Services &amp; Crisis Management</i> <ul style="list-style-type: none"> <li>• Clarity of Services</li> <li>• Collaboration</li> <li>• Enhancing capacity</li> </ul> | <p>Collaborate with internal and external partners to provide students with appropriate care for their mental health.</p> <ul style="list-style-type: none"> <li>• The capacity of services meets current and future student need.</li> <li>• The community of care that exists enhances capacity to support students.</li> <li>• The campus community recognizes that supporting student mental health and well-being retains students.</li> <li>• <u>Annual Reporting Measures:</u> <ul style="list-style-type: none"> <li>• Student support service usage rates</li> </ul> </li> </ul> |



## PRIVACY STATEMENT

Trent Staff and Faculty are bound by law and ethics to safeguard the privacy and the confidentiality of personal information.

This includes:

1. Collecting only the information that may be necessary for student care/support;
2. Keeping accurate and up-to-date records;
3. Safeguarding the medical records in the University's possession in accordance with the Personal Health Information Protection Act (PHIPA);
4. Sharing information with other care providers and organizations on a "need to know" basis where required for a student's health care;
5. Disclosing information to third parties only with a student's expressed consent, or when necessary for legal reasons; and
6. Retaining/destroying records in accordance with the law.

A request for care from university services implies consent for the collection, use and disclosure of personal information for purposes related to a student's care. As noted above, other purposes require expressed consent.

The University takes steps to protect personal information from theft, loss, unauthorized access, copying, modification, use, disclosure, and disposal.

The University takes steps to ensure that everyone who performs services protect a student's privacy and only use their personal information for the purposes which a student has consented.

A student may request access to or correct personal health records. A student may also obtain copies of their records. Student should speak directly to the staff member if they have concerns about their records' accuracy.

To discuss privacy in more detail or have specific questions or concerns about how personal information is handled, please reach out to the appropriate department or contact the privacy officer in the University Secretariat's office.



## RELATED POLICIES

- [Accessibility Policy](#)
- [Accommodation for Students with Disabilities Policy](#)
- [Accommodation of Employees with Disabilities Policy](#)
- [Activity Risk Management Policy](#)
- [Charter of Student Rights & Responsibilities](#)
- [Counselling Services – Missed Appointment Policy](#)
- [Counselling Services – Privacy Policy](#)
- [Counselling Services – Support for Academic Consideration Policy](#)
- [Discrimination & Harassment Policy](#)
- [Free Speech Policy](#)
- [Health & Safety Policy](#)
- [Policy on Student Records \(Access to\)](#)
- [Protection of Personal Information Policy](#)
- [Service Animals on Campus Policy](#)
- [Student Absenteeism, Missed Tests and Examinations Policy](#)
- [Student Athlete Code of Conduct](#)
- [Workplace Violence & Harassment Policy](#)



## RESOURCES AVAILABLE

The Mental Health Resources Link Library on Trent University's Student Wellness Centre page provides students with quick access to a comprehensive collection of resources aimed at supporting mental health and wellness. This well-curated collection includes on-campus services, vetted external partners, community supports, and reliable informational tools, offering students opportunities for self-directed exploration of the supports available to them.

The links are regularly reviewed and updated to ensure students have access to the most relevant and current information. Key categories include crisis support services, resources for managing mental health conditions such as anxiety and depression, specialized resources for Indigenous, Black, racialized, 2SLGBTQ+ students, as well as information on topics like sleep, substance use, and academic stress. This link library is designed to help students connect with the support they need and promote their overall wellbeing throughout their time at university.

**Table 2:** Resources Available

| Resource                      | Summary   | Both Campuses  | Peterborough Area  | Durham Area   |
|-------------------------------|---|--|--|---|
| <b><u>Crisis Supports</u></b> | Immediate assistance and support services for urgent situations | <a href="#">Trent Counselling Services</a><br><a href="#">Consent @ Trent</a><br><a href="#">Campus Security</a><br><a href="#">The Don Support Phone</a><br><a href="#">National Suicide Crisis Helpline</a><br><a href="#">Good2Talk Crisis Text Line</a><br><a href="#">Be Safe App</a><br><a href="#">Hope by CAMH App</a>   | <a href="#">Kawartha Sexual Assault Centre (KSAC)</a>  | <a href="#">Durham Rape Crisis Centre (DRCC)</a>  |
| <b><u>Trent Resources</u></b> | On-campus services specifically available to Trent students     | <a href="#">Academic Advising</a><br><a href="#">Academic Skills</a><br><a href="#">Consent @ Trent</a><br><a href="#">Equity and Human Rights Office</a><br><a href="#">First Peoples House of Learning</a><br><a href="#">Trent International</a><br><a href="#">Trent Peer Support</a><br><a href="#">Spiritual Affairs</a><br><a href="#">Student Charter of Rights and Responsibilities</a><br><a href="#">Student Accessibility Services</a> | <a href="#">Student Health Services</a><br><a href="#">Trent Central Student Association</a> | <a href="#">Durham Peer Health Educator</a><br><a href="#">Trent Durham Student Association</a> |



| Resource   | Summary  | Both Campuses  | Peterborough Area  | Durham Area  |
|--|--|--|--|--|
| <b><u>Anxiety, Depression, Stress, Grief</u></b> | Resources and support for managing anxiety, depression, stress, and grief. | <a href="#"><u>Ontario Shores Structured Psychotherapy Program</u></a><br><a href="#"><u>Therapy Assistance Online (TAO by Uplift)</u></a><br><a href="#"><u>Anxiety Canada</u></a><br><a href="#"><u>MindBeacon</u></a><br><a href="#"><u>Be Safe App</u></a><br><a href="#"><u>BounceBack</u></a><br><a href="#"><u>Depression Hurts</u></a><br><a href="#"><u>Good2Talk</u></a><br><a href="#"><u>I.M. Well</u></a><br><a href="#"><u>MindShift CBT</u></a><br><a href="#"><u>Togetherall</u></a> | <a href="#"><u>Canadian Mental Health Association Haliburton, Kawartha, Pine Ridge Branch</u></a><br><a href="#"><u>Hospice Peterborough</u></a> | <a href="#"><u>Canadian Mental Health Association Durham</u></a> |
| <b><u>Sleep</u></b>                              | Information and strategies for improving sleep hygiene.                    | <a href="#"><u>Canadian Sleep Society</u></a><br><a href="#"><u>Sleep Foundation</u></a><br><a href="#"><u>Sleepwell</u></a><br><a href="#"><u>CBT-i Coach</u></a>   |  |  |
| <b><u>Disordered Eating</u></b>                  | Information and support for students dealing with disordered eating.       | <a href="#"><u>National Eating Disorder Information Centre</u></a>   | <a href="#"><u>Peterborough Regional Health Centre Eating Disorder Clinic</u></a>  | <a href="#"><u>Lakeridge Health Eating Disorders Program</u></a> |

| Resource  | Summary  | Both Campuses  | Peterborough Area   | Durham Area  |
|---|--|--|---|--|
| <b><u>Black, Racialized or POC Students</u></b> | Tailored resources and support for Black, racialized, and POC students | <a href="#">You Belong Here</a><br><a href="#">Spiritual Affairs</a><br><a href="#">Multi-Faith Network</a><br><a href="#">Trent Black Student Support</a><br><a href="#">Indigenous Support</a> (see next row)<br><a href="#">Asian Mental Health Collective</a><br><a href="#">Black Therapist List</a><br><a href="#">Healing in Colour</a><br><a href="#">Psychology Today</a><br><a href="#">South Asian Therapist</a><br><a href="#">Therapy Tribe</a><br><a href="#">Wellnest</a><br><a href="#">Substance Abuse Program for African Canadian and Caribbean Youth</a><br><a href="#">Community Race Relations</a><br><a href="#">New Canadians Centre</a><br><a href="#">Black Youth Helpline</a><br><a href="#">The Canadian Black Scientists Network</a><br><a href="#">The National Black Graduate Network</a> | <a href="#">The CIRCLE</a><br><a href="#">Trent Multi-Faith Rooms:</a> <ul style="list-style-type: none"> <li>• Lady Eaton College</li> <li>• Student Centre</li> </ul> <a href="#">Trent Central Student Association Groups &amp; Clubs:</a> <ul style="list-style-type: none"> <li>• African and Caribbean Student Union</li> <li>• Trent Arab Student Association</li> <li>• Trent University Chinese Student Association</li> <li>• Organization for Hispanic and Latino Awareness</li> <li>• South Asian Association at Trent</li> <li>• Trent Southeast Asian Organization</li> <li>• Trent Tamil Student Association</li> </ul> <a href="#">Black Lives Matter Peterborough-Nogojiwanong</a> | Durham Multi-Faith Rooms: <ul style="list-style-type: none"> <li>• Thornton</li> <li>• Advanced Learning Centre</li> </ul> <a href="#">Durham Community Health Centre: Black Health &amp; Wellness Services</a><br><a href="#">Trent Durham Student Association Groups &amp; Clubs:</a> <ul style="list-style-type: none"> <li>• Muslim Student Association</li> </ul> |
| <b><u>Indigenous Supports</u></b>               | Culturally relevant resources and support for Indigenous students.     | <a href="#">First Peoples House of Learning</a><br><a href="#">Ishkodehwin</a><br><a href="#">Hope for Wellness</a><br><a href="#">We R Native</a>   | <a href="#">Niijkiwendidaa Anishnaabekwewag Services Circle (NASC)</a><br><a href="#">Nogojiwanong Friendship Centre</a>  | <a href="#">Durham Community Health Centre: Indigenous Health &amp; Wellness Services</a>  |

| Resource                                       | Summary  | Both Campuses  | Peterborough Area   | Durham Area   |
|--|--|--|---|---|
| <b><u>2SLGBTQ+</u></b>                         | Resources and support specifically for LGBTQ+ students.                    | <a href="#">PFLAG</a><br><a href="#">LGBT Youthline</a><br><a href="#">Out on Campus</a><br><a href="#">Trans Lifeline</a>               | <a href="#">Trans Peer Outreach</a><br><a href="#">Trent Queer Collective</a>   | <a href="#">Durham Community Health Centre: 2SLGBTQI Health &amp; Wellness</a><br><a href="#">Canadian Mental Health Association: Nurse Practitioner-Led Clinic</a> |
| <b><u>Procrastination &amp; Motivation</u></b> | Strategies and resources to enhance motivation and address procrastination | <a href="#">Trent Academic Skills</a><br><a href="#">Trent Peer Support</a><br><a href="#">Therapy Assistance Online (TAO by Uplift)</a> |   | <a href="#">Academic Skills: Durham Academic Monitoring</a>   |
| <b><u>Relationships &amp; Conflict</u></b>     | Support and resources for managing relationships and resolving conflicts.  | <a href="#">Therapy Assistance Online (TAO by Uplift)</a><br><a href="#">Trent Peer Support</a><br><a href="#">Good2Talk</a>             |   |   |
| <b><u>Sexual Violence</u></b>                  | Resources and support for students affected by sexual violence.            | <a href="#">Consent @ Trent</a>  | <a href="#">Crossroads Shelter</a><br><a href="#">Kawartha Sexual Assault Centre</a><br><a href="#">Victim Services of Peterborough Northumberland</a><br><a href="#">Peterborough Regional Health Centre Women's Health Care Centre</a>                | <a href="#">Durham Rape Crisis Centre (DRCC)</a><br><a href="#">Lakeridge Health: Domestic Violence &amp; Sexual Assault Centre</a>                                 |
| <b><u>Substance Use</u></b>                    | Support and resources for substance use issues.                            | <a href="#">ConnexOntario</a><br><a href="#">Therapy Assistance Online (TAO by Uplift)</a><br><a href="#">Narcotics Anonymous</a>        | <a href="#">Alcoholics Anonymous Kawartha District 86</a><br><a href="#">Fourcast Peterborough</a><br><a href="#">Peterborough AIDS Resource Network</a><br><a href="#">Peterborough Regional Health Centre: Rapid Access Addiction Medicine Clinic</a> | <a href="#">AIDS Committee of Durham</a><br><a href="#">Lakeridge Health: Rapid Access Addiction Medicine Clinic</a><br><a href="#">Lakeridge Health: Pinewood</a>  |



