

Queen's University The Principal's Commission on Mental Health

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Purpose

- Consider national and international trends in mental health issues among post-secondary aged students;
- Explore best practices for addressing mental health issues on university campuses;
- Examine how the mental health needs of students are currently being addressed at Queen's; and

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- Make recommendations to the Principal on the establishment of a mental health strategy that will address:
 - How Queen's can promote a healthy, inclusive and supportive environment;
 - How Queen's can promote mental health awareness on campus and provide the required level of support for students facing mental health challenges;

- How Queen's can support a campus environment that reduces the risk of harm associated with mental health issues; and
- What resources are required to support the mental health strategy.

Guiding Principles

- Queen's supports student success and understands that student wellness and student mental health are necessary conditions for student academic success.
- Queen's is committed to an environment that supports students facing mental health challenges and understands that supporting students requires a community response.

Guiding Principles

- The University recognizes that student mental health affects individual students and the entire Queen's community and the commission will ensure wide consultation to draw on a diversity of perspectives.

Guiding Principles

- A Queen's mental health strategy must be integrated, responsive to identified needs, address the diversity of the student population, and have clear implementation goals and reporting mechanisms.

Outcome

- Report to Principal in April 2012

Website

- <http://www.queensu.ca/cmh/index.html>

Questions for Senate

1. How might academic structure and design contribute to, or mitigate, student stress?
2. How can the role of academic advisors be optimized?
3. Should mental health literacy be a desired faculty and staff competency?
4. What should the first three recommendations of the CMH be?