

Learnings from the Queen's Champions for Mental Health

Queen's Student Mental Health Collective

The Champions for Mental Health Project is a student-led initiative that aligns with the Queen's Campus Wellbeing Framework and Okanagan Charter. Champions are instructors, TAs and staff who have been nominated by students for supporting and promoting student mental health and wellbeing in academic environments.

The 10 strategies below were highlighted by student feedback and Champion comments through the project, as well as the Canadian Mental Health Association. These low barrier, high impact strategies are evidence informed as being highly effective in supporting and promoting student mental health.

Schedule Time for a Check-in

1 Dedicate 3-5 minutes to touch base with your students in class to gauge how they're doing and/or assess their understanding of course content.

Cultivate Connection through Office Hours

2 Consider flexible office hours in different formats, clearly state what office hours are for, when they'll be held, and encourage students to reach out when they're needing help.

Offer Short Breaks in Class

3 Depending on the length of the class, a 5-to-10-minute break mid-class, can help students to digest learning materials, renew their focus and catch up on notes.

Adopt a Holistic Approach

4 Acknowledge the diverse, personal and inherently stressful experiences of students. Foster the coexistence of academic rigor and compassion.

Infuse Curriculum with Wellbeing

5 When beginning a course, discuss wellbeing services available on-campus and/or make the information easily accessible on the course syllabus or onQ homepage.

Access Training & Resources

6 Enhance your understanding of mental health and acquire practical tools to support student mental health and/or be able to direct them to resources.

Collaborate with Peers & Students

7 Connect with your TAs and other instructors to understand their strategies for supporting student mental health. Solicit and consider student feedback.

Apply Universal Design

8 When possible, build flexibility into timelines, deadlines and assignments. You could try applying grace periods or alternative modes of completion.

Use Periodic Reminders

9 Quick reminders in class, on onQ or via email can discuss a mix of self-care habits and activities alongside deadlines and assignments, to prompt meaningful action.

Foster Academic Resilience

10 Express understanding students challenging situations and encourage them to reflect, respond proactively, and/or to utilize a growth mindset.



Scan the QR code or visit <https://www.queensu.ca/campuswellnessproject/supporting-student-mental-health> to learn more about the Top 10 strategies including examples of the strategies in action, tools to help you implement them, resources from other institutions, and relevant research.