

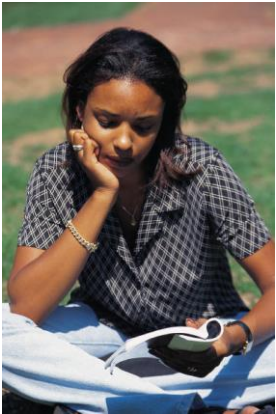
Putting a Spotlight on Mental Health



- Add “De-stigmatizing Mental Illness” to your next regular staff meeting agenda. Discuss this topic openly and honestly with staff & faculty. Ask if they are comfortable talking about this subject and the best means of addressing any concern. Ask what can be done to assure a “safe” environment in which anyone can ask for assistance.

- **Facing Facts**, a PowerPoint presentation to assist in initiating the discussion is available for your use (*see on-line resources*).

- Invite discussion about mental health and various concerns that arise.
 - Why the stigma?
 - What are the barriers to open conversation?
 - How can we make a difference?



- Create an area in your office that makes resources such as pamphlets or brochures easily available to both staff and students. (*see on-line resources*)

- Young adults aged 15-24 experience the highest incidence of mental disorders of any age group in Canada. (Stats Canada) (*see on-line Guide on Identifying & Referring Students*)

- Mental illness does not equate to weakness or lack of ability. Many successful contributors to society have had experience with mental illness. (*see on-line Tip Sheets*)

- Provide support to anyone who is assisting someone or who may be dealing with a mental illness themselves.

- For guidance on a specific situation involving faculty or staff members call Human Resource Services (OHE) at 492-7124 or contact the EFAP Key Person Advice Line at 780.428.7587.

- Counseling & Clinical Services is available to students who may be experiencing personal, academic or career concerns. For information visit www.uwell.ualberta.ca

- Human Solutions offers an e-course *Managing Sensitive Employee Issues* to assist managers and supervisors in addressing difficult situations. Visit www.hrs.ualberta.ca/efap



**For all on-line resources listed above, please visit
www.virtualwellness.ualberta.ca**