Mental Health Check Up

You visit your doctor once a year for a physical health check up.

When was the last time you had a mental health check up?

From time to time, everyone experiences problems and struggles that can negatively affect our mental health. Yet, many people with mental health issues do not seek treatment because they fail to recognize the signs and symptoms, or they are too embarrassed to reach out for help. Recognizing and identifying when the problems and struggles may require professional assistance is essential.

A wide range of self-assessment tools including the Mental Health Meter, Check Up from the Neck Up and the Stress Test are available on the faculty and staff website. These will help you identify specific areas you wish to focus on.

The outcome of the assessments can also be the starting point for a discussion between you and your physician if risks are identified, or alternatively they can confirm that the steps you are already taking to maintain your mental health are paying off.

Ability to enjoy life, resilience, balance, self-actualization and flexibility – these are the characteristics of mental health defined by the Canadian Mental Health Association. This year, make a realistic New Year’s resolution; resolve to improve or maintain your mental health.

Resources and Supports Available:

Assistance for Staff
Human Resource Services
Phone: 780.492.7124

Assistance for Students
Counseling & Clinical Services
Phone: 780.492.5205

Employee and Family Assistance Program
Phone: 780.428.7587

Graduate Student Assistance Program
Phone: 780.428.7587

Assistance for Postdoctoral Fellows
Postdoctoral Fellows Assistance Program
Phone: 780.428.7587

Visit Faculty and Staff for information on mental health services.

Information on student mental health can be accessed at Current Students.