

U OF A MENTAL HEALTH CHECK-IN

Checking in with ourselves by asking “How am I doing?”, as well as asking, “How are you doing?” to those around us helps to create an environment of wellness on our U of A campuses

Checking in with yourself

To be healthy, we need to check in on our physical, mental, and social well-being regularly. Mental health is an important part of our well-being, and we often have trouble recognizing what to do to achieve mental wellness.

Practice checking in with yourself using the following steps:

1. **Consider** your mental health needs (e.g. positive social connection, self-confidence, self-esteem, safety, security, encouragement, etc.)
2. **Create** a mental wellness daily routine (e.g. healthy social interaction, self affirmation and encouragement, nutrition, sleep, enjoyable activities, etc.)
3. **Recognize** concerning mental health. Take notice in:
 - How you feel (e.g. excessive or extreme sadness, worry, apathy, etc., lasting more than two weeks.)
 - How you think (e.g. confusion, memory and concentration problems.)
 - How you are acting (e.g. agitation or restlessness, physical complaints with no cause, changes in eating and sleeping.)
4. **Address** mental health challenges
 - Get connected: reach out to people you trust, friends, family, teachers, co-workers, campus staff or services, etc. Trust your instincts and talk to a doctor, nurse, social worker, psychologist, etc.

It takes courage to reach out and let others know you are struggling, but it enables you to receive the support you deserve. If you feel you will act on thoughts of harming yourself or others, contact emergency or crisis services.

Checking in with others

We don't need to be a mental health expert to support others. Being a part of, and helping to create, a strong network of support for someone is important so the care the person needs can come from many people.

1. Approach a person you think may need support:

- Share your concern about changes you've observed in them (e.g. "I've noticed that you've seemed a little down lately", and "I'm wondering how you're doing?")
- Ask how they are doing in a way that is compassionate to the changes

2. Invite the person to talk about how they are feeling:

- Ask open-ended questions and practice non-judgemental listening (e.g. "That sounds really hard", or "I imagine that it must be difficult right now.")
- Share struggles that you've had to demonstrate that they are not alone

3. Refer a person who needs more formal support:

- Explore with them what kinds of professional services would be most useful (e.g. "I really don't know what I'd do; what do you think about getting some experienced advice"?)
- Share this card with its list of resources with them, or if appropriate for you, support them by asking if they'd like you to help them connect with one of these resources

If you believe an individual is at immediate risk of harm to themselves, or that they need immediate formal intervention:

- Ensure that person is not left alone
- Offer to accompany them to an emergency or crisis service
- Call 911 if they refuse help
- Take threats of suicide seriously

If you have concerns or questions, consult with a professional on your helping experience.

- *For a student, contact Counselling & Clinical Services or the Community Social Work Team.*
- *For a staff member, contact the Employee & Family Assistance Program (EFAP).*

For more information and resources, visit bit.ly/MHCheckIn.

HELPFUL CONTACT NUMBERS

Services for Students

Counselling & Clinical Services

780-492-5205 | 2-600 SUB

Community Social Work Team

780-492-3342 | 209 HUB

Graduate Student Assistance Program (GSAP)

780-428-7587

Interfaith Chaplains Association

780-492-0339

Peer Support Centre

780-492-4357 | 2-707 SUB

Services for Faculty & Staff

Employee & Family Assistance Program

780-428-7587

Postdoctoral Fellows Assistance Program (PDAP)

780-428-7587

General

Edmonton Support Network (24-hour support)

780-482-4357

Helping Individuals at Risk

780-492-4372 | 300 Campus Tower

Sexual Assault Centre

780-492-9771 | 2-705 SUB

University Health Centre

780-492-2612 | 2-200 SUB