

# Mental Wellness Strategy

## OUR GOAL

To foster an NSCC culture that prioritizes the mental wellness of students and employees, allowing us all to learn, grow, contribute, and thrive.

## OUR GUIDING PRINCIPLES

- ▶ **We value and respect where each of us have come from and what we bring to our community**
- ▶ **We understand that mental wellness is essential for academic and career success**
- ▶ **We embrace our roles and the resources available to us**
- ▶ **We have a responsibility to take care of ourselves and each other**

## OUR PRIORITY AREAS

### We will Build Understanding

**We approach each day with openness and acceptance**

**Build on our supportive, inclusive college community**

- ▶ We will create an environment where our focus on mental wellness is apparent in our priorities, policies and practices and physical environment.
- ▶ We will ensure that NSCC has a respectful, inclusive culture that reflects the values of our institution and the wellness needs of our communities.

**Build awareness and reduce stigma**

- ▶ We will increase mental health by creating opportunities for education and dialogue focused on mental wellness. We will foster an open and accepting environment that reduces stigma and celebrates individual and collective well-being.

### We will Build Capacity

**We nurture the best of what we do now and embrace the opportunity to adopt new thinking and best practices to help us do even more**

**Build resilience and skills for self-management**

- ▶ We will strengthen our resilience and ability to manage the multiple demands of learning and work life through skill development and the awareness of resources to mental wellness.

**Build capacity to recognize concerns and intervene early**

- ▶ We will support the NSCC community to recognize early warning signs of distress. By educating our students and employees about issues faced, we will reduce stigma and create opportunities for skills development to have conversations about well-being. In doing so, we will create the conditions for those experiencing difficulty to seek and gain support before harm occurs.

**Build mental wellness services and supports**

- ▶ We will offer services to support students and employees in their well-being.

### We will Build Connections

**We are stronger together – we connect with one another and to supports in our community and post-secondary partners**

**Build and strengthen partnership with community**

- ▶ At NSCC, we are fortunate to be part of many communities across the province. By leveraging external partnerships and ensuring ongoing communication and engagement, we can seek opportunities to create meaningful connections. This will improve access and support for students and employees while at the College and in their local communities.