# Health & Wellness Centre

An Overview of Services for New Faculty

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## Who we are

- Assistant Dean
- Manager
- Front Desk Staff x 4 (ft/pt)
- Business Officer
- Counsellors x 10
- MH Case Coordinator
- Doctors x4 Psychiatrists x2
- Nurses x4, including Mental Health Nurse
- Health Promotion- Nurse/HP Assistant
- Wellness Peer Program, H&WC Ambassadors and Volunteers
- Counselling Interns & Nursing Students





## Health & Wellness Centre

#### **Vision Statement**

Resilient Students. Healthy campus.



#### **Mission Statement**

The HWC provides interprofessional health and counselling services in a safe, accessible and culturally responsive environment to optimize the students' personal, academic and overall wellbeing. We strive to enhance services to students through collaborative partnerships on campus and in our community.





## What we do



**Health Services** 



Counselling
Supports & Services



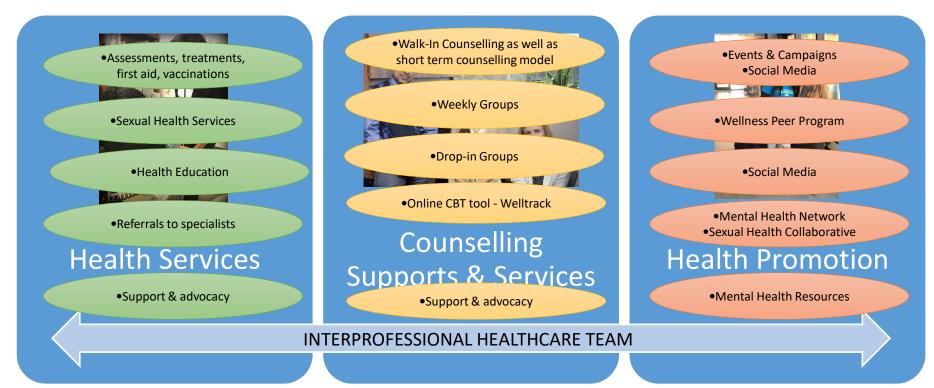
**Health Promotion** 

INTERPROFESSIONAL HEALTHCARE TEAM





## What we do

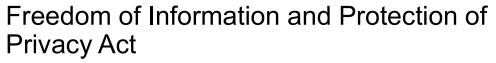






## **Privacy and Confidentiality**

#### **FIPPA**



"What I need to know to do my job"

We can receive student information but may not be able to disclose what we do with that information



Personal Health Information Protection Act

- "Higher standard of disclosure usually requiring express consent"







## Facts about the Health & Wellness Centre

#### **Health & Wellness Centre**

Student Centre: SL 270



#### **Hours Of Operation**

#### **Mondays and Fridays**

- 9am 4:45pm **Tuesday**
- 10:00am-4.45pm

#### Wednesdays & Thursdays

• 9am-7:45pm



#### **Embedded Counselling Locations**

**NEW!** Centre for Health Studies

English

**Access***Ability* 

**Psychology** 

**Environmental Science Grad program** 

#### **Existing embedded locations:**

Residence

Sociology

Arts, Culture & Media

Management

**Arts & Science** 

Sexual Violence& Prevention Centre





# How To Help Someone

#### Recognize

#### **Changes in:**

- Academics
- Physical appearance
- Behaviour
- Mood
- They share information that is concerning

#### Respond

- Acknowledge/thank them for sharing
- Let them know you are concerned and engage them



#### Refer

- Health & Wellness Centre
  - Call us
  - Walk student over
- Safety concerns: campus police
- AccessAbility/Academic Advising & Career Counselling
- Other resources to recommend:
  - Good2talk
  - More feet on the ground





### Resources

- Health & Wellness Centre 416-287-7065
- Good2talk.ca -1-866-925-5454
- morefeetontheground.ca
  - For education on recognizing, responding and referring students
  - A list of resources across UofT to refer students to for support
  - Certificate of participation for online education







Thank you ©

Questions????



