Health & Wellness Centre

An Overview of Services for New Faculty

Presented by: Tracey Beech-Gauthier, Manager, HWC
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

**Health Services**
- Assessments, treatments, first aid, vaccinations
- Sexual Health Services
- Health Education
- Referrals to specialists
- Support & advocacy

**Counselling Supports & Services**
- Walk-In Counselling as well as short term counselling model
- Weekly Groups
- Drop-in Groups
- Online CBT tool - Welltrack
- Support & advocacy

**Health Promotion**
- Events & Campaigns
  - Social Media
- Wellness Peer Program
- Social Media
- Mental Health Network
- Sexual Health Collaborative
- Mental Health Resources

INTERPROFESSIONAL HEALTHCARE TEAM
Privacy and Confidentiality

**FIPPA**

Freedom of Information and Protection of Privacy Act

“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

**PHIPA**

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
AccessAbility
Psychology
Environmental Science Grad program

Existing embedded locations:
Residence
Sociology
Arts, Culture & Media
Management
Arts & Science
Sexual Violence & Prevention Centre

Mondays and Fridays
• 9am – 4:45pm
Tuesday
• 10:00am-4.45pm
Wednesdays & Thursdays
• 9am-7:45pm
## 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????