Health and Well-being at SFU

Students reported that the factor most affecting academic performance is stress.
Mental Health and well-being are directly linked to learning and academic success

what people think it looks like

what it really looks like

Find Support at SFU:

Health & Counselling Services:  www.sfu.ca/students/health
SFU Mental Health Website:  http://www.sfu.ca/students/health/support/mental-health.html
Campus Security (Emergency):  778-782-4500
Make SPACE for Well-being

Maintaining your well-being is key to achieving success at SFU. SPACE is an easy-to-remember acronym that outlines five, evidence-based areas of positive mental health:

- **S**ocial connection
- **P**hysical health
- **A**wareness
- **C**ontribution
- **E**motional health

Graduate Student Resources
TA/TM Well-being Project
Friday August 31st, 11:30-12:30 or 1:45-2:45 –
Blusson Hall 10901
Friday Sept 7th, 3:15-4:30 – DAC Thompson Room

Thesis and Dissertation Support Group
Thursdays from 10:45-12:30 or 2:00-3:30
- At Health and Counselling Burnaby Campus
- For more information contact:
Hcs_grad@sfu.ca
My SSP – Student Support Program

- My SSP is a free service to support your positive mental health
- Access available 24/7 via App or Phone for all SFU students (graduate & undergraduate) from North America or abroad
- Available in multiple languages
- Access immediate or ongoing counselling support for any school, health or general life concern
- Complements existing SFU programs & services – including HCS
- Provided by SFU and the Simon Fraser Student Society (SFSS) as a two-year pilot, starting Aug 1, 2018.

Access Immediate & Ongoing Support

IMMEDIATE SUPPORT available in 30+ languages* via:

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Telephone 1.844.451.9700
or 601.416.380.6578 from outside North America

Free App* My SSP

*Simplified Chinese, Korean, Arabic, Spanish, French & English only

SCHEDULED SUPPORT available in 60+ languages via:

Telephone  Video  In-Person

All services are fully confidential & free of cost to the student!
Assisted Referrals

An Assisted Referral is a process by which faculty and staff and other students can help connect students in need to My SSP by reaching out to the service on their behalf. Please remember, you must have verbal consent as a minimum to reach out to My SSP on a student's behalf.

Assisted Referral Process:

1. Student identifies need for support
2. Student provides consent
3. Campus personnel contacts the program
4. Hand off to student
5. Case continues until resolved

Call 1.844.451.9700

Call for Advice

My SSP provides direct support to staff/faculty and other leaders who work with students. Our Student Support Advisors provide consultation on a variety of student matters, including but not limited to:

- Assisting students in distress
- Navigating communication difficulties due to language barriers or cultural norms
- Discussing culturally sensitive health topics, e.g., sexual health
- Supporting withdrawn or isolated student
- Fostering intercultural competencies

Call 1.844.451.9700 for Advice
Download the free My SSP App

Through the app, you can start an instant chat with a Counsellor/Advisor (no appointment needed!) or browse useful articles and videos made specifically for you.

Search ‘My SSP’ from either the Apple App Store or Google Play and download today.

The My SSP App is available in Arabic, Korean, simplified Chinese, Spanish, French and English.

HEALTHY CAMPUS COMMUNITY INITIATIVE AT SFU
Thank you

Health and Counselling Services

**Hours:** 9:00am - 4:30pm Monday - Friday
**Phone:** 778-782-4615
**Email:** intake@sfu.ca
              Alisa.stanton@sfu.ca

**Burnaby Campus Location:**
Maggie Benson Centre, Room 0101

www.sfu.ca/students/health