Spring semester is here!

Spring semester is here! We are so excited for this semester. It is always exciting for the spring to start, as well, we will be having our annual ME Week later in March, so stay tuned for details on that!

We had a great fall semester thanks to all of you! We are extremely grateful for your continued support as we grow and connect with more and more students across campus. We got to work with some great groups over the semester. We also had many meaningful conversations with student about mental health across the many events we held.

Clubs Days

We were at clubs days for 2 days this semester. It was great to connect with some more students and meet some new faces that we hope to see at many events over the semester.

We would also like to thank you all for your patience with us finding a new meeting time. As of right now, our next meeting will be happening on Wednesday, Feb. 8th at 12:30-1:30 in MBC 2296. If this does not work for you, please let us know!

UPCOMING MEETINGS & EVENTS

Volunteer meeting – Feb. 8th 12:30-1:30pm MBC 2296

Keep an eye out for our emails to get all meeting and event updates!
FAST FACTS

108 post-its
We had 108 people tell us how they were feeling via post-it notes on Clubs Days.

11,800+ views
There were over 11,800 views on the video done with SFU Recreation for Bell Let’s Talk!

21 people
We had 21 people come to our first meetings of this semester! Many of whom were new faces that we can’t wait to work with over the semester.

30 students engaged
On Bell Let’s Talk Day, we engaged with approximately 30 students to encourage people to talk about mental health.

590 emails
We now have 590 people subscribed to our email list!

SOCIAL MEDIA
Make sure to follow us!
- @HiFIVEmovement
- @hiFIVEmovement
- @hifive_movement
- sfu.ca/students/health/HiFIVE/

New Exec Picture
We have updated our executive team photo now that we have grown. We are so glad that we get to work with you all on changing the SFU campus community. From left to right: (Standing) Erwin, Natalie, Tabby, Michael, (Seated) Jenna, Hannah, Jennifer

Co-coordinator
We would like to officially introduce our new co-coordinator, Natalie Morin! We are so excited to have her on our team. Check out her bio below to learn more about her.

Meet Natalie!
I am Natalie Morin, a third year BSc Health Science student with a minor in Psychology. I am the new co-coordinator of Hi-F.I.V.E. I will be working alongside Jennifer as we work with our movement to eliminate the stigma around mental illness. I became passionate about mental health and I want to further my studies in the preventative side of medicine in this field. Some trivial things about myself include my love for animals, especially dogs and sea otters. I love to read fiction, play soccer, work out, and socializing with people. I am always willing to talk about almost anything and I crave intellectual conversation. I am outgoing and I love to meet new people! I cannot wait to work with you all!
Bell Let’s Talk
January 25th, 2017

Bell Let’s Talk this year was a huge success! There were 131,705,010 interactions which means that Bell will donate $6,585,250 to mental health across Canada!

We are very excited that this year we got to partner with SFU Recreation! It is so incredible to see them work so hard to help students on campus with both physical and mental health. The wonderful team there was tabling for the entire week leading up to the actual day and engaged with so many students over the week. If you went to the gym during that week, you probably got to see the mass amounts of quotes they had.

Along with the tabling, they created an incredible video. If you haven’t seen it yet, check it out on their facebook page: www.facebook.com/SFURecreation/

You may be able to recognize a couple of familiar faces in the video. It has already garnered over 11,800 views! We cannot thank SFU Recreation enough for this beautiful video and the opportunity to collaborate with them. We look forward to working with them again in the future!

Lastly, we spent the morning of Bell Let’s Talk day tabling in the AQ. We had a great time talking to students about opening up and talking about mental health! To the right here are some photos of that day.

As someone who deals with social anxiety on a daily basis, I will have days where I don’t have a care in the world, but I will also have days where the thought of initiating a conversation with someone fills me with dread and self doubt. There will be times where I hide myself from my best of friends because I am worried of what they think of me. I can’t even tell you how many times I’ve made plans that I get excited for but then, the day of, I want nothing but to call it off. It’s not even that I necessarily think that my friends will judge me. They’re my friends. I know they want the best for me, but the social anxiety is hard to shake at times. It’s like after you watch a scary movie. You know for a fact that there’s nothing in the closet and yet it’s all that you can think about.

At the end of the day, I still have things that I can do to relieve stress. Sometimes all it takes is one person to make a comment that puts me at ease. Sometimes I use television shows to distract me for the moment. It’s important that you find whatever makes you happy and to not be afraid to use it whenever you can. If there’s one thing to remember it’s that your friends are rooting for you. I don’t care if you have to repeat it to yourself over and over, it’s true.

- Story and Photo by Michael McCahon