What an incredible year!

We can’t believe this year is almost over! It has been an absolutely incredible year. We are so thankful for everyone and want to share some of the last events that we had with you.

We will be planning for the following year and accepting new executive members. If you are interested in taking on a position, please let us know and send us an email!

**Defeat Depression**

Hi-FIVE was invited by UBC’s Mental Health advocacy group MHAC to join their 3rd annual Defeat Depression Run on March 4th. Our team consisted of seven members but that did not stop us from raising close to $1,000 and placing in 2nd for top fundraising teams!

It was a beautiful sunny day as we listened to mental advocates including Santa Ono share about their mental health struggles and how they were able to overcome them. We then proceeded outside, warmed up, and started walking. Our team was wonderful and had so much energy as we ran/walked around UBC with balloon tied to our backpacks ensuring Hi-FIVE made their presence known. Tired and in need of sustenance, we finished the race and munched down on cupcakes as we enjoyed their resource fair that included Speakeasy, a peer support group on campus at UBC and other mental health support groups. What stood out of place was Gold’s Gym. I went to talk to the man in charge and I was lucky enough to hear his story about his mental health struggles and why this run was important to him. It was very touching to see a large

**UPCOMING MEETINGS & EVENTS**

There often isn’t much happening during the summer semester, but keep an eye on your emails for any events and notifications!

We can’t wait to see you in the fall!
800+ students
Over 800 students came out to our 4th annual ME Week

197 entries
We had 197 students enter all of the prize draws for our ME Week contests

664 emails
We currently have 664 emails on our mailing list

2500 students
Over the course of the year we reached at least 2500 students at all of our events.

How do you support yourself?

On March 2nd, we hosted an event that looked at different forms of support for your mental health! The goal was to explore different types of mental health support and break down some of the myths surrounding these supports.

The supports we explored were group therapy, pet therapy, treatment centers, fitness and counselling. Students stopped by to spin a wheel and answer a question. Most of these questions were true or false questions related to some common misconceptions about mental health and the different types of treatment. Everyone got a treat for spinning the well and was also entered to win a Wellness Basket! The winner of our Wellness Basket was Sonia Sahota (pictured right). We also had a couple of puppies spend the day with us, which was always a blast, so thank you to Gary and Bella for stopping by.

See you next year!

We are so incredibly thankful for the amazing year that we have had. We reached over 2500 students, staff and faculty over the course of the year. There were many meaningful conversations that were had. It was also incredible to see the number of students who want to make a change, and who want to learn more about mental health and how they can take of themselves, their friends and their family. We will be mainly taking a break over the summer but we will see you in the fall.

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ME Week 2017
March 27-30th, 2017

We got to host our 4th Annual ME Week! We are so excited for how successful this week was. There were many, many meaningful conversations that were had over the course of the week. As well, we connected with over 800 students over the course of 4 days.

The entire week was dedicated to eliminating stigma and educating students. This year we had 4 different events happening around campus.

Monday was Mind, Body and Spirit Day! On this day, we wanted to focus on the integration between our physical health and mental health. Throughout the day, we had free 30-minute yoga sessions happening every hour on the hour. They were led by a certified yoga instructor. We also had a post-card making station where people were able to create post-cards for anyone that wanted to send them out to a loved one. Students wrote the post-cards and then we collected them and mailed them off. There were also some free cupcakes that were baked by our lovely Jenna from the exec team!

Our Tuesday was all about Art Therapy! There was a new component for the event this year where we included a tactile component. Along with colouring pages, there was also kinetic sand, play-dough and origami for students to relax with. We had a great response for including this new component to our previous art therapy activities.

On Wednesday, we had Coffee & Conversation! We gave out free coffee, tea and treats between 10am and 2pm. The goal of this day was to share with students what some on campus supports there are for campus. We had our materials as well as SFU Health & Counselling Service’s information. We also had some pamphlets from the SFSS and GSS Health and Dental Plans and some information from SFU Careers Services. As well, a special thank you to the Student Learning Commons and SFU Recreation for coming out and tabling for the day to share your wonderful services!

Our last evening was our Careers in Mental Health Night on Thursday evening! We were excited about the panel which included a family doctor, a recreational therapist, the director of a local organization, a clinical counsellor and a psychologist who is also a professor here at SFU. We followed the panel with a Q&A session and refreshments.
THANK YOU TO OUR ME WEEK SPONSORS!

We want to take a moment to thank all of our incredible sponsors. They helped provide everything from prizes to treats to everything else. It is with their support that we are able to host such an awesome ME Week and we cannot thank them enough for their support of the Hi-FIVE Movement.