Fall 2016 is almost done!

We can’t believe the semester is almost over! As we move into a time of final exams and term paper deadlines, we want to remind everyone to take care of themselves!

As much as we all want to do well in school, our own well-being is more important. Soon after that, we will move into the holiday season. We wish you a festive season full of love and laughter with friends and family before the spring semester starts up again.

We can’t wait to start the spring semester as we have many big plans and it is always a blast. We also hope to see many new faces as we will be looking for more volunteers. We also look forward to seeing everyone come back. Be sure to keep an eye out for emails about our upcoming activities and possibly new meeting times in the spring.

Co-Coordinator
As you may know, we will be hiring a co-coordinator. We will announce them soon and bring you a little bio from them. Keep an eye out for communications from the new co-coordinator who will be working side-by-side with our current coordinator, Jennifer, to keep Hi-FIVE going strong.

Thank you!
We wanted to take a moment to thank you for the wonderful semester. Our volunteers have been incredible and we have had the opportunity to connect with so many students. We have heard stories of hardship and triumph. People have told us they are thankful that we are here, educating students, and letting them know that taking care of their mental health is important. We are so grateful to everyone that has connected with us in this past year. We couldn’t do it without you!

UPCOMING MEETINGS & EVENTS

SPRING VOLUNTEER MEETING TIMES STILL TO BE DETERMINED. KEEP AN EYE ON EMAILS FOR SURVEYS AND UPDATES.
FAST FACTS

**400 students reached**
Approximately 400 students came out to our End the Stigma Week

**40 entries**
We had 40 students enter our End the Stigma Week contest which required them to come back multiple times throughout the week

**250 students engaged**
At Winterfest, we engaged with about 250 students about mental health care over the winter months

**1030 students**
Over the course of the semester we reached at least 1030 students at all of our events.

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

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**Congratulations Jesse!**

Congratulations to the winner of our End The Stigma Week Prize Jesse who won the $50.00 SFU Bookstore gift card. *Jesse is pictured to the right.*

**Congratulations Faith!**

One of our volunteers, Faith Pollard, has been selected as a delegate for the 2017 Jack Summit in Toronto. Jack Summit is a national student conference held each year in Toronto, Ontario. A unique, collaborative space for mental health advocacy, Jack Summit 2017 is the largest gathering in Canada for student leaders working to end the silence around mental health. See more about the Jack Summit at jack.org

**Puppy & Kitten Therapy**
Puppy Therapy is always a favorite and this year HCS began a new favorite with Kitten Therapy! The line-ups for both were massive and the kitten therapy filled to capacity very, very quickly. We want to thank some of our volunteers who went and helped out with the puppies and kittens. If you haven’t seen them yet, make sure to check out the pictures at the SFU Health & Counselling Facebook page.

**Winterfest**
For the 3rd year now, we were honored to have the opportunity to join Safety & Risk Services for their annual Winterfest event! This event is designed to teach students how to prepare for the winter and keep themselves safe for the colder months.

We spoke to students specifically about mental health and how to practice self-care. Many people tend to isolate themselves more easily during the winter months due to the cold weather and more difficult travel/commute conditions. However, it is important to still find time to connect with others as well as get out for some fresh air.

We also gave out some homemade stress balls! If you are interested in making some yourself, they are super easy to make. Simply fill a balloon with some dry rice and enjoy!

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*Sponsored & support by:*
End the Stigma Week
November 7th-10th, 2016
South AQ Hallway, 10am-2pm daily

We are super excited that this fall we held our first ever week-long event in a fall semester. Ever since we had created our annual spring ME Week, we had wanted to create an equally successful week-long event in the fall semester.

The entire week was dedicated to ending the stigma around mental illnesses by talking about various symptoms and some common myths. Each day focused on a different illness. On Monday, we looked at learning disabilities and ADD/ADHD. On Tuesday, we talked about depression and bipolar disorder. On Wednesday, we talked about anxiety and the many different illness that fall under anxiety disorders. Lastly, on Thursday, we spoke about eating disorders.

Throughout the week we were able to connect with at least 400 students. The students would come back through the week with a stamp card. We gave them out at the beginning of the week and if students brought them back at the end of the week with at least 2 stamps, they were entered to win a $50.00 gift-card to the SFU Bookstore. See the previous page for our congratulations to the winner.

A very special thank you to all of our volunteers for helping us plan and execute End The Stigma Week. Thank you to the Kappa Betta Gamma sorority for helping out throughout the week. Last, but especially not least, thank you to all of the students who connected with us throughout the week. Without the students engaging with us, we wouldn’t have had such a successful week. Thank you all!

Meet our newest exec: Jenna!
Jenna Beetstra, Engagement Organizer

Jenna is in her final year at SFU with a major in psychology and minor in counselling and human development. She has a personal connection with mental illness and a passion for helping people. She joined Hi-FIVE to work with like-minded individuals to help end the stigma surrounding mental illness so that young people feel comfortable to open up and ask for help when they need it. Jenna loves spending time outdoors and on the lake, she loves her friends and her family (including her dog Harley). She also loves to take time to herself and relax with a good book series or cuddle up and watch a movie or TV show.