So what have we been up to?

We are very excited for the new fall semester! During our first interactions with students in the month of September, we saw many new faces as well as some familiar faces who have been with us for the past few years. It has been great to see such a desire for change at SFU and we are excited to see what our volunteers come up with this year.

So what’s our goal for this year?
This year our primary goal is to make ourselves known on campus to those who don’t know us yet as well as to strengthen the relationships that we currently do have. Although we have made some incredible strides in the past three years of Hi-FIVE’s existence, we know that there are still many students, staff and faculty who have no idea what we’re about. We also want to ensure that we are able to build strong relationships with those who have been supporting us already, whether it be since day 1 or since last month, we wouldn’t exist without the students who believe in our movement.

First Newsletter!
We are very pleased to start using this to share with you everything that we are doing. We plan to create these newsletters on a monthly basis. As this is new, please send us any feedback you may have and let us know if there’s any other information you’d like us to include. Thank you so much for reading our first newsletter! Please send any feedback, questions, comments and concerns to hifivesfu.coordinator@gmail.com

UPCOMING MEETINGS & EVENTS

Volunteer meeting – Oct. 5th 3:30-4:30pm in MBC 2294
Volunteer meeting – Oct. 19th 3:30-4:30pm – Room TBD
October Outreach Date TBD
Volunteer meeting – Nov. 2nd 3:30-4:30pm – Room TBD

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

200 students reached
Approximately 200 people approached our table during Sept. 13 and 14th Clubs Days.

99 post-its
On Wednesday, Sept. 14th, we had 99 people answer our question “How are you feeling?” with a post-it.

136 new emails
136 new emails were added to the email list.

545 total emails
Our email list has grown to have 545 total emails on it!

21 volunteers
We had 21 volunteers come to our first meeting on Sept. 21st.

20 trainees
We had 20 students join us for our Know The Signs and HiFIVE volunteer training.

2 new executives
We welcomed 2 new executive members to our team and welcomed back 3 previous members.

Clubs Days
This year we tabled at clubs days on September 13th and 14th. We made use of our bored to ask students how they were feeling that day. Most students responded with either tired or excited. We also gave out candy and chocolate to those who responded. We were able to connect with so many new students who shared how much mental health means to them and how much they want to see SFU as a stigma-free campus.

Our training event
Each year we try to host a training event to better educate our volunteers about mental health and mental illnesses. This year we held our Know the Signs event on September 28th. The training consisted of two different sections followed by some pizza and getting to know each other. We started the night with a few games of Catchphrase as our icebreaker.

From there, Lyndsay Cotterall took over. She taught us all about different mental health and illness symptoms, and most importantly, what to do when we see these symptoms in someone else. After this, we took over to talk to the trainees about HiFIVE and what it means to be a HiFIVE volunteer. We also got to enjoy some yummy pizza.

Our stories.
Each month we will be sharing someone’s story with their experience with mental health. If you’d like to share your story, send us an email.

For World Suicide Prevention Day, I set out to take a photo with my TWLOHA shirt and a picture of my father. I wanted to do this to showcase the strongest man I know and the importance of this day to me.

I didn't know that I'd start crying. And I really didn't think that I would post this photo. But papa is one of the biggest reasons that I do what I do. And in the battle to lower the number of lives we lose to suicide, sometimes people cover suicide with a smiling face. But suicide is crap. It’s absolutely horrible. It’s painful, it’s awful and it’s heartbreaking. And that’s why I fight. Because every life that has been lost to suicide is a loss too many.

World Suicide Prevention Day is a day to remember those we’ve lost. It's a day to support those that are struggling. It's a day to stand up for a world where people aren't afraid to ask for help.

If you’re someone who is in the place where suicide feels like the only option, I'm going to be selfish and ask you to do one thing for me. I'm going to ask you to pick up the phone and call someone. That phone will be the heaviest object in the room, but help is out there.

You matter. And your story isn't over. The air in your lungs is there for a reason. Let's keep going. Let's keep living. – Jennifer Hoffmeister
Meet Our Exec

As a new year begins and a new team takes control, we wanted to take some time to introduce you to our executive committee! In the photo from left to right: Hannah, Tabby, Michael, Jennifer & Erwin

**Jennifer Hoffmeister**

*Project Coordinator*

As the project coordinator, Jennifer oversees the whole of the Hi-FIVE movement. This includes budgeting, meetings, newsletters, relationship work as well as responding to emails. Jennifer is a fourth year behavioral neuroscience major, minoring counselling and human development. Her heart and passion lies with people, especially young people, who are experiencing suicidal ideation. She grew up on a farm in the middle of nowhere and it’s true what they say, you can take the girl out of the country but you can’t take the country out of the girl. Jennifer will hug every animal she sees and she also gets very excited when she gets to make some food for a potluck. If you can’t find her, she’s probably out about somewhere with her camera. Jennifer volunteers with the Vancouver Crisis Centre and as a research assistant in the psychology department.

**Michael McCaBon**

*Chair*

As the chair, Michael’s job is to attend and help facilitate the volunteer meetings, help book any events, or take care of any budgetary issues. Michael is a fourth year student with a major in psychology and a minor in philosophy. Michael is also involved with the Psychology Student Union as the treasurer. He has been with Hi FIVE since his first year, fall of 2013, when they first started to accept volunteers. Michael is very passionate about Hi FIVE and its related topics and he originally joined out of a desire to get to help people. Michael loves listening to music and he will often be wandering around campus with headphones in his ears when he is not in class. If you see him, don't hesitate to get his attention. He loves to meet new people and getting to know some of the people he has already.

**Erwin Kwok**

*Internal Relations Director*

As the internal relations director, Erwin ensures that we properly document Hi-FIVE during meeting minutes, event attendance, etc. and helps to keep track of the growth of Hi-FIVE. As a fourth year Criminology Honours major, Erwin brings a unique perspective to the team with his understanding of criminal justice policy and implications. Additionally, Erwin’s involvement with various community stakeholders such as SFSS, HCS, and FASS lends to his experience in organizational practices. Erwin also has practical knowledge of research as an assistant to multiple Professors and policy research assistant to the SFSS Policy and Research Coordinator.

**Hannah Fikkert**

*Media & Promotions Director*

As the media and promotions director, Hannah will be connecting with all of you through our social media channels as well as ensuring we have proper promotion for each event and outreach. Hannah is a fourth year psychology major, minoring in counseling and human development. She’s interested in health and aging psychology as well as counseling psychology. She’s an avid hiker and loves to snowboard. Hannah also loves to eat all the time, and is constantly experimenting with new trends and vegan recipes. Her favourite book is Tuesdays With Morrie, by Mitch Albom and can quote any line from any How I Met Your Mother episode. Hannah’s favourite time of year is autumn and loves Halloween more than the next guy. Hannah is certified to provide Mental Health First Aid, and encourages those to speak up about mental health and the end stigma.

**Tabby Shirbani**

*External Relations Director*

As the external relations director, Tabby will work closely with any partnerships and event collaborations that we have throughout the year. Tabby is a fourth year student majoring in Psychology and Biology. She loves to learn about the nervous system, and neurochemistry in her psychology classes. Tabby used to swim competitively, and is currently a swim instructor and lifeguard. Tabby is a big fan of scary movies, and can talk about them for hours. Her favourite way to spend her free time is taking hikes and exploring the SFU trails with her puppy, Nala. This is Tabby’s first year at hi-five and she is very excited to be a part of the executive team and getting to know everybody as the semester progresses.

**SOCIAL MEDIA**

Make sure to follow us!

- @HiFIVEmovement
- @hiFIVEmovement
- @hifive_movement
- sfu.ca/students/health/HiFIVE/