



Mental Health Annual Report

January 2025 – December 2025

Presented to: The Board of Governors, Loyalist College
Presented by: Sandra Dupret, Senior Vice President, Students
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MENTAL HEALTH COMMITMENT

Loyalist College is committed to fostering an inclusive, supportive, accessible, and student-centred environment that prioritizes mental health and well-being. Loyalist strives to create a college culture where every student feels empowered and supported to achieve their academic, personal and professional goals. The college ensures that students have access to comprehensive mental health supports using a **holistic, student centred approach** that integrates on-campus and community resources, addresses diverse student needs and respects privacy.

Loyalist College is committed to safeguarding **student personal health information** by securely managing it through Electronic Medical Records Systems, as well as ensuring confidentiality and compliance with the *Freedom of Information and Protection of Privacy Act*, the *Personal Health Information Protection Act*, and College Policy *HR 500 Access to Information and Protection of Privacy*.

The college is preparing to launch the **Canadian Campus Wellbeing Survey** (CCWS) in early 2026. This survey will provide essential data on student mental health and wellbeing to inform programs, services and resource planning, and it fulfills the provincial requirement for Ontario colleges to administer a standardized mental health survey at least once every three years. A project lead and cross functional team are supporting the launch, with promotional activities beginning in January 2026.

The college provides accessible information about mental health programs, policies, services and supports through multiple access points, including the **Health and IMPACT Centre**, the Health and Wellness web space, and the **Tsi Titewaya'taró:roks Indigenous Centre**. Loyalist provides a holistic range of supports, from upstream measures such as health promotion programming and staff training to downstream supports such as academic accommodations for students with documented mental health disabilities and personal counselling services for all students.

MENTAL HEALTH SERVICES & SUPPORTS

Loyalist College offers a wide range of services, professionals, and initiatives to support student mental health. The College is also well-connected to broader community resources and promotes and facilitates student access.

Counselling Services

A team of three full-time, graduate-level registered Counsellors offers free, confidential personal counselling appointments to students year-round. Counsellors are also deeply engaged in the broader campus community and offer a host of programming, workshops and training to promote student mental health and wellness.

Tsi Titewaya'taró:roks Indigenous Centre

Provides a safe, welcoming space where Indigenous students can find support, cultural connection, advocacy, and referrals to the broader community. The Centre offers guidance, resources, and a caring community to help students navigate challenges while affirming their identity and well-being. The Centre has developed a holistic student support triage framework that guides the team in connecting students to services that support their cognitive, emotional/spiritual, and physical wellness.

Student Health Centre	The Health Centre team includes doctors, nurse practitioners, registered nurses, and medical administrators. Alongside the Counsellors, they form the broader Student Health Services team who operate out of the Health and IMPACT Centre. The Health Centre team supports student mental health through triage, intake, appointments, prescriptions, and specialist referrals.
Accessibility Services	Accessibility Services supports students with suspected and documented mental health disabilities. They support students in a variety of ways including learning strategies, advocacy, promotion of Universal Design for Learning, and facilitating academic accommodation plans. The team is co-located with the Student Health Services team within the Health and IMPACT Centre which provides ease of access for students and fosters interprofessional collaboration.
Residence Life Team	Full-time professional and live-in student staff provide important proactive and responsive supports for students experiencing mental health concerns. Student Residence Assistants are trained in conflict management, de-escalation, active listening, and peer support and serve as a key resource in mental health recognition, response, and referral. Educational and recreational programming, such as weekly social connection gatherings, promotes mental health topics and overall wellness.
Residence Plus Program	A transition program offered to students on an opt-in basis to aid in transition to residence and post-secondary life. The program offers students specialized curriculum on mental health, self-regulation, and life skills, plus offering ongoing support from program leads.
Loyalist Life Ambassadors	These engaged student leaders facilitate a variety of co-curricular programs for students including those promoting mental health and wellness. They also provide peer-to-peer education on the Student Health Plan and international student health insurance.
Security Services	Security officers are available on campus 24 hours a day and provide first response supports to students seeking support after hours, or those experiencing emergencies at any time of day.
Tragic Event Response Team (TERT)	TERT is made available in response to tragic events for student crisis support.
Student Health Insurance Plans	The Student Health Plan, available to all full-time students, provides coverage for prescription medication. International students have additional health insurance that covers various mental healthcare services. Enhancements to the plan

Good2Talk & GuardMe Student Support Plan	Virtual mental wellness services providing 24/7 confidential support to students by text or phone. These services are especially valuable for students who wish to remain anonymous or who are seeking care after hours.
Faculty & Staff Referrals	Loyalist's dedicated faculty and staff regularly refer students to the Student Health Services team for service and care. Employees can make direct or indirect referrals in-person or online.
Community Services Referrals	Specialized care and referrals are supported through connections from college healthcare providers through collaborative linkages within the broader community.

TSI TITEWAYA'TARÓ:ROKS HOLISTIC STUDENT SUPPORT FRAMEWORK

Grounded in the understanding that students thrive when their spiritual, emotional, physical, and cognitive needs are nurtured together, the Tsi Titewaya'taró:roks Indigenous Centre's approach to mental health prioritizes holistic wellness as the foundation for student success. With this understanding, the Centre developed a triage framework which launched in September 2025. The framework reflects Tyonhnhkwen (Three Sisters), a Haudenosaunee teaching that emphasizes relationality in two key ways. First, it affirms the importance of balance within an individual, recognizing that cognitive, emotional, spiritual and physical well-being must be supported collectively for the whole person to flourish. Second, it highlights the role of community care, reminding us that people rely on one another for the collective to thrive. In essence, the framework is grounded in both the relationship within and the relationship among.

Understanding that a sense of belonging is a key predictor of student success, the Indigenous Centre team focuses on building relationships before responding to concerns. Guided by the collective knowledge of the team, their lived and learned experience, and additional training such as Mental Health First Aid certification for all members, the Centre uses a "seeing in full circle" approach to observe and engage with students. Through regular interaction, team members pay attention to cognitive, physical, emotional and spiritual indicators of wellness and assess student needs during each point of contact.

To support this work, the framework was developed with three tiers of support:

Tier One – Good for All

Foundational practices that foster trust, belonging, and well-being for all students. Examples include lunch-and-learn sessions, ready access to first aid supplies, smudging and monthly fires, wellness circles, cultural teachings, traditional medicines, and regular community-building events. These supports strengthen the environment in which Indigenous students learn, gather, and grow.

Tier Two – Needed by Some

Building on Tier One, Tier Two involves targeted supports for students experiencing temporary challenges that require individualized attention. Examples include facilitated study groups, advocacy and self-advocacy supports, individual wellness checks, access to Non-Insured Health Benefits (NIHB) approved counsellors, dentists and doctors,

coordination with residence and security, one-on-one appointments with the Visiting Auntie, and community connections. Tier One supports remain available throughout.

Tier Three – Necessary for One

Some students require more intensive, coordinated, and immediate support as they navigate significant barriers to well-being. Examples include collaborative success plans, emergency accommodations, food scarcity supports, liaising with Indigenous Victim Services, crisis transportation, culturally grounded community supports, and facilitated access to health services within the college. Students continue to receive all Tier Two supports as needed.

When any member of the team identifies that a student may be transitioning beyond Tier One, the team meets to share observations and develop a coordinated action plan. Interventions and outcomes are tracked to ensure continuity of care until the student is comfortably stabilized and can return to Tier One supports.

MENTAL HEALTH PROMOTION, PROGRAMMING AND TRAINING

In addition to providing free, confidential personal counselling appointments, the Loyalist Counselling Services team delivers a broad range of mental health programming, workshops and training opportunities for students. These initiatives help students build skills, increase awareness and foster a proactive approach to mental health and wellness. They also create meaningful touchpoints with Counsellors, which students often report encourages them to seek services when needed.

The Counsellors offered the following programs in 2025:

- **Positive Space Training:** this workshop provided participants with education on 2SLGBTQIA+ identities, language, pronouns, and issues, as well as steps to create inclusive and supportive environments. This training was delivered to students and employees in Spring 2025 and Fall 2025. Tailored versions of the program were facilitated by request to several academic program student cohorts, such as Nursing and Occupational Therapist Assistant & Physiotherapist Assistant.
- **Distress Tolerance Group:** a group counselling pilot program offering tailored support for students experiencing significant and ongoing distress.
- **Mindfulness Group:** a group counselling program to introduce the mental health benefits of mindfulness practices.
- **Mindfulness for Everyday Life:** a session developed for School College Work Initiative students to encourage daily mindfulness strategies.
- **Wellness Wednesdays:** a pop-up concept to connect with students, promote services, and offer practical tips for self-care and improving mental health.

- **Healthy Relationships:** a session offering tools to foster healthy behaviours in personal relationships (partner, friends, family, etc.).
- **Stress Management:** training on improving mental health through effective stress management strategies.
- **Resiliency as a first responder:** a two-part program curated for Paramedic students.
- **Bullying and Student Code of Conduct:** a collaboration session offered in collaboration with the Student Conduct and Accountability Specialist to a program cohort.
- **Navigating Winter Blues:** offered to the Loyalist Life Ambassador group upon request.
- **Managing Procrastination:** offered at the Student Leadership conference.
- **Counselling 101:** an in-class introduction to Counselling Services requested by faculty members looking to promote wellness to their students.
- **Spotlighting Unconscious Bias:** an in-depth training offered to faculty and staff at the Leadership conference and as a Town Hall presentation to an Academic School.
- **Mental health supports in Canada:** an offering tailored for international students to promote services and reduce stigma.
- **Respect in Sport:** offered for varsity athletes upon request to provide information and facilitate inclusion for transgender athletes.
- **Navigating Grief and Loss:** services provided upon request to individuals and program cohorts impacted by critical incidents.
- **Supporting Students in Distress:** offered to faculty and staff looking to gain skills in supporting students who disclose thoughts of self-harm or suicide.

In addition to delivering direct programming, Counsellors advance mental health and wellness across the college by actively contributing to a variety of institutional and community committees such as the **Crown Ward** committee, **College Council**, and regional **Rainbow Network**. Their involvement helps ensure student mental health considerations are embedded in broader planning, equity work, and decision-making. They also promote services and connect with students at regular **service fairs** and **orientation activities**, creating ongoing opportunities for connection and early access to support.

RECOMMENDATIONS

To continue strengthening mental health supports across the college and advance the continuous improvement commitments outlined in Policy STU 101, *Student Mental Health*, the following actions are recommended:



Ongoing stakeholder engagement:

Use regular consultations including surveys, focus groups, and feedback from student leaders and staff, to ensure services remain responsive to emerging needs.

Greater institutional integration:

Expand work with academic areas and student support teams to continue embedding mental health informed practices into teaching, residence and student engagement.

Evidence-informed program development:

In Winter 2026, the college will administer the Canadian Campus Wellbeing Survey (CCWS) to gather validated, comparable data on student health and wellbeing. The results will help identify priority areas for action, guide staff training, inform program enhancements and strengthen prevention efforts.

Expanded community partnerships:

Enhance referral pathways and continue collaborating with local providers to increase access to specialized and coordinated mental health supports.

Collectively, these actions position the college to better meet student needs and strengthen mental health outcomes across the campus.

ANNUAL STUDENT ACCESS STATISTICS

Counselling Services

	Winter	Spring/Summer	Fall	TOTAL
Approximately 425 unique individuals generated the following Counselling Contacts in 2025	809	331	520*	1660

Accessibility Services

	Winter	Spring/Summer	Fall	TOTAL
Students Registered with documented Mental Health Disabilities – 2025	146	29	137*	312

**As of November 24, 2025.*

The student access data above indicates the strong need and demand for mental health and accessibility supports at Loyalist College. The number of counselling contacts also suggests that students feel comfortable advocating for themselves, accessing resources, and engaging with the wide range of supports available to them. As the college prepares

to launch the Canadian Campus Wellbeing Survey, these findings will provide valuable context for deeper analysis and future planning, reinforcing the importance of a student centered support system.

Appendix A: Harassment and/or Discrimination Definitions

Downstream Measures: Opportunities to provide mental health supports to address reduced mental health, such as intervention and crisis response.

Holistic Support: A comprehensive range of mental health support strategies including prevention, wellness promotion, counselling, and crisis response.

Student-Centred Approach: A commitment to addressing students' diverse mental health needs, removing barriers to access, and fostering a culture of care.

Universal Design for Learning (UDL): A framework that guides educators in designing learning experiences that meet the needs of all individual learners to provide equal opportunities regardless of ability, disability, age, gender, cultural or linguistic background.

Upstream Measures: The provision of positive mental health supports through preventative measures around mental health and wellness promotion (e.g., stress reduction, positive coping strategies, mental health literacy and de-stigmatization).