

Policy Title:	MENTAL HEALTH POLICY	Area of Responsibility: SENIOR VICE PRESIDENT, INTERNATIONAL RELATIONS AND STUDENT SERVICES Policy No: 7.11 Page: 1 of 2 Last Review Date: 2025-01-30
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7.11 – MENTAL HEALTH POLICY

1.0 Statement of Commitment

The St. Clair College Mental Health Policy has been created to affirm the College’s commitment to promote positive student mental health and well-being which requires an approach based on compassion and informed by human rights. With guidance from the Mental health Commission- National Standards of Canada (2020), St. Clair College strives to embed mental health well-being into learning environments, everyday operations, business practices, policies and academic mandates.

The College is committed to equitable access to programs and services and will provide supports to meet the needs of a wide range of social and ethnic backgrounds, genders and sexual orientations.

The College, recognizing that mental health and well-being is a shared responsibility, will continue to work toward embedding mental health policy components across the institution. As a member of the greater community, the College will continue existing partnerships, and cultivate new partnerships, that clearly define pathways to Community Mental Health supports.

The efforts made to support and promote mental wellness will continue to grow as the needs of our students evolve and change so that they may be successful during their time at the College. The College will support the promotion of health and the reduction of harm by meeting students where they are on their personal journeys and taking opportunities to share information via workshops, presentations, public speakers and training such as SafeTalk and ASIST. The College strives to create a thriving community and an overall culture of well-being while committing to continuous improvement and accountability.

2.0 Review and Reporting Process

Through ongoing review and consultation with stakeholders, this policy strives to embed mental health and well-being into learning environments, everyday operations, business practices, policies, and academic mandates.

2.1 Mental Health Strategy:

A Mental Health Steering Committee was formed with representation from all constituent groups of the College (students, staff, student government, faculty, administrators, and community partners). The Mental Health Commission of Canada released the National Standard of Canada for Mental Health and Well-Being for Post-Secondary Students in 2020 to provide guidelines for supporting students across the country. Alongside the National Standard, St. Clair College has explored best-practice information from the Centre for Innovation in Campus Mental Health (CICMH) which engages and supports post-secondary schools across Canada in student mental health and well-being.

With guidance from The Mental Health Commission – National Standard of Canada (2020), a Campus-wide Mental Health Survey and a gap analysis as developed by the Canadian Association of College and University Student Services (2013), the committee developed a 5-year Mental Health Strategy which forms the basis of this policy.

The 2023-2028 Mental Health Strategy and 2023 survey results can be found in Section 5.0 Related Documents.

2.2 Review and Reporting:

The College is committed to consulting with stakeholders through a Mental Health Wellness survey as required to update Mental Health programs and strategies.

The Mental Health Policy will be reviewed and updated at least once every five years and amended as appropriate. The student mental health policy will be published on the St. Clair College Website at <https://www.stclaircollege.ca/mentalhealth>. Copies will be made available upon request.

An annual report on this policy's implementation and effectiveness will be given to the Board of Governors. The annual report will be posted on the College website.

3.0 Mental Health Programs, Services and Supports

The College is committed to providing a range of student-centered programs and services to address student mental health needs. These programs and supports include pro-active, upstream measures to raise awareness of mental health issues, encourage constructive help-seeking, reduce stigma, foster and build capacity around mental health flourishing and to assist overcoming the social determinants of mental and emotional well-being. The College is also committed to responding to student health disabilities, mental illness and mental health languishing through interventions, treatment and the facilitation of access to appropriate response services reflective of student mental health needs.

To facilitate a positive College experience, a variety of campus supports will be provided for all students to utilize. These services broadly include academic counselling, mental health counselling provided through unique partnerships with community mental health providers, the campus care team, the security department, sexual violence prevention education and reporting, as well as other student services. With a student identifying their need, these teams coordinate to provide a holistic approach intended to provide wrap-around care.

The College shall make available an inventory of student mental health programs, services and supports which shall be made publicly available to students and other community members through the College website at: www.stclaircollege.ca/student-services and will be promoted through multiple service offices at the College.

4.0 Privacy and Confidentiality

The College shall ensure the privacy and confidentiality of students accessing mental health services in accordance with the service area “Confidentiality” Standard Operating Procedures and all statutory and regulatory privacy obligations. For further information see policies 7.4 and 1.1.7 in Related Documentation.

Counsellors adhere to confidentiality and only communicate with the student regarding their program, progress and accommodations. Any communication with College faculty staff and administration supporting student success will not disclose the nature of a disability.

5.0 Related Documentation

- [7.4 Student Accessibility and Academic Accommodation](#)
- [1.1.7 Confidentiality of Student Records](#)
- [Mental Health Strategy 2023-2028](#)
- [Mental Health Survey Results Jan 24 2022](#)