Mental Health and Well-being at Georgian College

GEORGIAN’S PATHWAYS TO FLOURISHING

Mental health and well-being is everyone’s responsibility. When we treat ourselves and each other with compassion and understanding, we become part of Georgian’s growing support system and stepped care model. We’re here to help everyone find their own pathway to flourishing which could include any of the options below.

Institutional Structure: Organizational Planning and Policy
- Organizational Structure – Commitments and resources backed by policy
- Employees and students are GREAT GRIZZLIES who believe that mental health and well-being is everyone’s responsibility
- Access to support and guidance from employees who monitor mhwb@georgiancollege.ca

Mental Health Literacy and Promoting Well-being
- Mental Health Literacy programming
- Prayer rooms
- Niwiliigan Peer Mentors
- Segal International Centre
- Student Success Advisor
- Athletics

Self-management and Coping Skills
- Flourishing Friday series
- Big White Wall
- Peer Mentors
- Indigenous Resource Centres
- Indigenous Student Advisor

Supports and Services
- Mental health and well-being pages on portals
- Big White Wall
- Psycho-Education workshops/workbooks
- Mindfulness programming
- Flourishing Friday series
- Bounce Back

Crisis Management
- Counselling via Employee Assistance Program
- Community services
- Visiting Elder program
- Getting (Indigenous education counsellor)
- Individual counselling

Legend:
- This applies to students
- This applies to employees
- This applies to students and employees