

upeí mental health week

March 7, 2018

Dear Deans, Directors, and Department Heads,

Mental Health Week is just around the corner, taking place March 12-16, 2018. Our hope is to build a culture of care that nurtures and celebrates mental health and wellness of everyone in our UPEI community. The theme of Mental Health Week is 'Relationships Matter', encouraging students, faculty, and staff to help themselves by connecting and building relationships with others. While this theme links many important messages, we hope to instill the idea that at UPEI, no one is alone—there is always someone who can help.

Our five-day event is jam-packed with a variety of events and sessions that cater to all members of our UPEI community. We are hoping that you can highlight, in particular, these events that will be of interest to your colleagues.

- **Staff & Faculty Brown Bag Lunch: Meet the Counselling Team** (Monday, 12:00-1:00 pm, Faculty Lounge, SDU Main)—Faculty and staff are invited to come and meet the counsellors on campus. This session provides you the opportunity to ask questions about counselling services, get to know the people to whom you are referring students, find out what you can do to help students in need, and ask any other questions you may have. Feel free to bring your lunch. Coffee and cookies will be kindly provided by Student Affairs.
- **Beyond Accommodations. Presentation by Frederic Fovet** (Wednesday, 1:00-2:00 pm, Robertson Library 208)—Join Dr. Fovet as he explores the use of Universal Design Learning (UDL) as a lens when designing instruction and evaluation methods that do not exacerbate mental health issues. Coffee and sweets kindly provided by the Office of the CIO.
- **Building Bridges – Collaborating at Work. Presented by Morneau Shepell** (Thursday 12:00-1:00 pm, Memorial Hall 308)—Having to work with others is a common requirement in the workplace. When collaboration successfully occurs, you feel positive, productive, and willing to face any challenge. This session will build on the notion that cooperation and building bridges can be learned and should be practiced. It will teach participants the key elements of teamwork and provide them with the opportunity to practice collaboration-building techniques. In addition, a staff member will also speak about her personal experience using the Morneau Shepell's Employee and Family Assistance Program, and its benefits. Light refreshments kindly provided by UPEI's Office of Experiential Education & Work Integrated Learning.

We also point out two of our signature events that will be beneficial to all who attend:

- **MHW's Keynote Address with Wil Gunning** (Tuesday 11:30-12:30 pm, McMillan Hall, W.A. Murphy Student Centre)—Wil Gunning is the captain of a fishing enterprise, a local entrepreneur of two companies, a mentor for young adults, and a keynote speaker who travels throughout Canada sharing stories of his experience in the foster care system. Wil speaks about why he went into care and the life experiences that have shaped him into the person he is today. He will share how he navigated his childhood and the importance of building relationships with others and oneself. Light snacks and refreshments kindly provided by UPEI's Healthy Campus Committee.
- **Let's Listen** (Friday 2:30-4:30 pm, The Wave, W.A. Murphy Student Centre)—The event will feature a safe-listening and non-judgmental environment where various students, staff and faculty members will share their stories and encounters with mental illness. These stories will provide us with an opportunity to learn, care, and be inspired to help ourselves, and those around us living with mental illnesses, and remind us all, that relationships matter. Pub Grub, kindly provided by UPEI Student Union. All are welcome to attend!

The full schedule of events can be found at upei.ca/mentalhealthweek

We ask that you become familiar with our Mental Health Week program and share it with colleagues and peers, take time for ourselves and for others, and learn more about how we can help and support those who matter most, because after all, relationships matter.

Sincerely,

Anne Bartlett and Keith Lawlor
UPEI Mental Health Week 2018 Co-Chairs
Mental Health Week Committee



UNIVERSITY
of Prince Edward
ISLAND

student affairs
2nd floor, w.a. murphy student centre
(902) 566-0488 upei.ca/counselling