

# Mental Wellness Strategy

## OUR GOAL

To foster an NSCC culture that prioritizes the mental wellness of students and employees, allowing us all to learn, grow, contribute, and thrive.

## OUR GUIDING PRINCIPLES

- ▶ We embrace our roles and the resources available to us
- ▶ We have a responsibility to take care of ourselves and each other

## OUR PRIORITY AREAS

### We will Build Understanding

We approach each day with openness and acceptance

Build on our supportive, inclusive college community

- ▶ We will create an environment where our focus on mental wellness is apparent in our priorities