Mental Wellness Strategy

nscc

Message from the President

At NSCC, we know the health and well-being of our students and employees is vital to our success and the future of our province. The mission of NSCC is to build Nova Scotia's economy and quality of life through education

Under anding Men al Wellne

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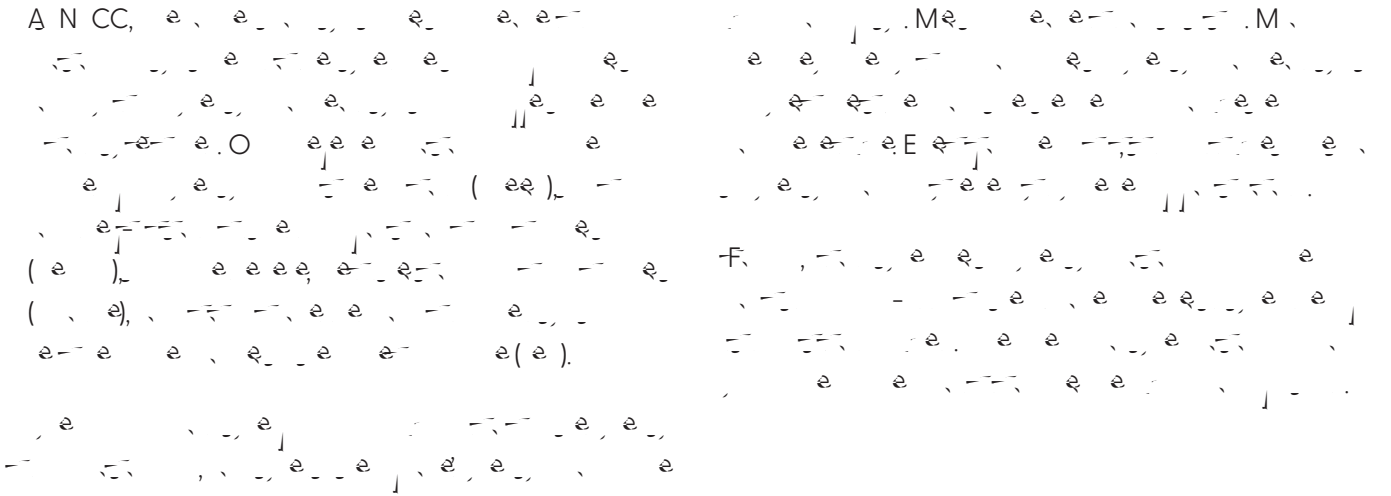
At NSCCC, [illegible]



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O r Approach

[illegible]

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- Literature Review:

[illegible]

- Stakeholder Consultation:

[illegible]

- Community Feedback:

O r G iding Principle

The development of guiding principles helps determine the decisions and actions involved in achieving our goal. The guiding principles of this strategy also

Our Priority Area

Understanding that the needs of students and employees are varied, dynamic, and complex, this strategy takes a holistic approach to wellness. NSCC is a unique environment and we are proud of what differentiates us from other post-secondary institutions. We believe in and embrace our commitment to our communities to transform Nova Scotia one learner at a time. We recognize that the learning and workplace environment has unique challenges and dynamics that can impact wellness.

By developing a Mental Wellness Strategy, we aspire to create conditions for each member of the community to feel supported and be well. We have examined and researched many mental wellness frameworks and strategies to inform our approach. We heard from students and employees that we need to prioritize mental health literacy, ensure ongoing communication of available resources and services, critically examine our policies and practices, and ensure the mental wellness conversation is integrated into our daily lives and reduce stigma.

Build Understanding

Build Capacity

Build Connections

We will Build Understanding

We approach each day with openness and acceptance

We ill b ild on o r ppor i e, incl i e college comm ni .

[illegible]

O r commi men :

- C [illegible]
- [illegible]
- C [illegible]
- C [illegible]

We ill b ild a arene and red ce igma.

[illegible]

O r commi men :

- C [illegible]
- B [illegible]
- C [illegible]
- B [illegible]
- P [illegible]

We ill b ild re ilience and kill for elf-managemen .

[illegible]

O r commi men :

- O [illegible]
- C [illegible]

We ill b ild capaci o recogni e concern and in er ene earl .

[illegible] NCC [illegible]

O r commi men :

- P [illegible]
- P [illegible]
- [illegible]

We ill pro ide men al ellne er ice and ppor .

We will Build Connections

We are stronger together and we connect with one another and to supports in our community

We ill reng hen par ner hip i h comm ni .

A N CC, B

O r commi men :

- P

- E N CC

- P N CC

- E M H A

- B M' A C

OUR GOAL

To fo er an NSCC c l re ha priori i e he men al ellne of den and emplo ee , allo ing all o learn, gro , con rib e, and hri e.

- **We al e and re pec here each of ha e come from and ha e bring o o r comm ni**
- **We nder and ha men al ellne i e en ial for academic and career cce**

We ill B ild Under anding

We approach each da i h openne and accep ance

B ild on o r ppor i e, incl i e college comm ni

- [illegible]
- [illegible] N CC, [illegible]

B ild a arene and red ce igma

- [illegible]

We ill B ild Capaci

We n r re he be of ha e do no and embrace he oppor ni o adop ne hinking and be prac ice o help do e en more

B ild re ilience and kill for elf-managemen

- [illegible]

B ild capaci o recogni e concern and in er ene earl

- [illegible] N CC [illegible]
  B [illegible]

B ild men al ellne er ice and ppor

- [illegible]

We ill B ild Connec ion

We are ronger oge her e connec i h one ano her and o ppor in o r comm ni and po - econdar par ner

B ild and reng hen par ner hip i h comm ni

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