

# Mental Wellness Strategy

***nsc***

# 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

## Understanding Men's Mental Wellbeing

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▶ Literature Review:

Placeholder text for Literature Review

▶ Stakeholder Consultation:

Placeholder text for Stakeholder Consultation

▶ Community Feedback:

## **O r G iding Principle**

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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

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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

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# Build Capacity

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# Build Connections

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# We will Build Understanding

We approach each day with openness  
and acceptance

We will build on our previous experience, including college community.

... we will build on our previous experience, including college community.

Our commitments:

- ▶ ... we will build on our previous experience, including college community.
- ▶ ... we will build on our previous experience, including college community.
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- ▶ ... we will build on our previous experience, including college community.

We will build a culture and redemptive stigma.

... we will build a culture and redemptive stigma.

Our commitments:

- ▶ ... we will build a culture and redemptive stigma.
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- ▶ ... we will build a culture and redemptive stigma.
- ▶ ... we will build a culture and redemptive stigma.

## We will build resilience and skill for self-management.

Supporting the development of resilience and self-management skills through training, coaching and mentoring. This includes providing resources, tools and guidance to help individuals build resilience and manage their own work and health.

### Our commitments:

- ▶ Offer a range of training, coaching and mentoring opportunities to help individuals build resilience and self-management skills.
- ▶ Provide resources, tools and guidance to help individuals build resilience and manage their own work and health.
- ▶ Create a supportive environment that encourages individuals to take responsibility for their own health and well-being.

## We will build capacity to recognise and respond to concerns early.

Supporting the development of capacity to recognise and respond to concerns early through training, coaching and mentoring. This includes providing resources, tools and guidance to help individuals identify and manage their own concerns and those of others.

### Our commitments:

- ▶ Provide training, coaching and mentoring to help individuals identify and manage their own concerns and those of others.
- ▶ Provide resources, tools and guidance to help individuals identify and manage their own concerns and those of others.
- ▶ Create a supportive environment that encourages individuals to report concerns early and seek help when needed.

## We will provide mental health first aid training and support.

# We will Build Connections

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

## We will strengthen partnerships in our community.

At NSCC, we are committed to building strong partnerships with our community. We will work together to create a supportive and inclusive environment for all. We will share resources, expertise, and information to improve the lives of our students and staff. We will collaborate with community organizations, businesses, and government agencies to address the needs of our community.

### Our commitments:

- ▶ Provide a safe and supportive environment for all students and staff.
- ▶ Engage our community in our work and decision-making.

- ▶ Promote a culture of respect, diversity, and inclusion.
- ▶ Engage our community in our work and decision-making.
- ▶ Engage our community in our work and decision-making.

- ▶ Build strong relationships with our community.



## OUR GOAL

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

- ▶ We value and respect where each of us has come from and have brought to our community
- ▶ We understand and have mental wellness is essential for academic and career success

## We will Build Understanding

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We approach each dialogue with openness and acceptance

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Build on our supportive, inclusive college community

▶ We value and respect where each of us has come from and have brought to our community

▶ We understand and have mental wellness is essential for academic and career success

Build a culture of care and respect

▶ We value and respect where each of us has come from and have brought to our community



## We will Build Capacity

We are here to help you do not and embrace the opportunity to adopt new thinking and best practices to help do even more

### Build resilience and skills for self-management

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### Build capacity to recognize concern and intervene early

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### Build mental resilience and support

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## We will Build Connection

We are stronger together and connected in one another and opportunity for communication and professional partnership

### Build and strengthen partnership in communication

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