

POLICY: STUDENT MENTAL HEALTH POLICY

1. PURPOSE

- 1.1 Huron University (“Huron”) is committed to fostering a healthy, safe, inclusive, and supportive learning environment fundamental to student learning, success, safety, and belonging.
- 1.2 This policy establishes Huron’s commitment to promoting student mental health and wellbeing through a coordinated, whole-campus approach that emphasizes prevention, early intervention, access to appropriate support, education, collaboration, and continuous improvement.
- 1.3 The policy also provides the governance framework for promoting student mental health and wellbeing and describes the programs, services, supports, and institutional commitments available to students in accordance with applicable legislations and Ministerial directives.

2. SCOPE AND RESPONSIBILITIES

- 2.1 This policy applies to all Huron students, employees, volunteers, contractors, and other members of the Huron community who have a role in promoting and supporting student mental health and wellbeing.
- 2.2 In addition to services and programs provided by Huron, students may also access mental health services through Western University and other external service providers.
- 2.3 Huron’s Leadership is responsible for fostering a campus environment that promotes positive student mental health and wellbeing. Leaders will support implementation of this policy by:
 - I. Demonstrating leadership and accountability for promoting student mental health and wellbeing;
 - II. Communicating the principles, purpose, and expectations outlined in this policy;
 - III. Supporting a coordinated, whole-campus approach to student mental health through collaboration across academic, administrative, and student service areas;
 - IV. Ensuring appropriate resources, services, and referral pathways are available to students;
 - V. Promoting awareness, education and prevention initiatives that encourage seeking help, reduce stigma, and support student success;
 - VI. Monitoring implementation of this policy and reviewing it regularly to ensure continued compliance with applicable legislation, Ministerial directives, and institutional priorities.

- VII.** Support ongoing education and training to build mental health awareness and response capacity across the Huron community.
- VIII.** The University will provide an annual report to the Board of Governors on the implementation and effectiveness of this policy, in accordance with applicable legislation and Ministerial requirements.

3.1 Student Wellness Department

The Student Wellness Team is responsible for coordinating the University's student mental health strategy and service delivery framework by;

- I.** Providing or facilitating access to appropriate mental health service and support;
- II.** Coordinating prevention, education, and outreach initiatives that promote student wellbeing;
- III.** Collaborating with Western University and community services providers, where appropriate, to support student needs;
- IV.** Maintaining appropriate referral pathways for students requiring specialized or crisis services;
- V.** Monitoring the effectiveness of student mental health services and recommending continuous improvement of programs and support.

3.2. Employees

Employees share responsibility for promoting a respectful, supportive, and inclusive learning environment. Faculty and staff are expected to:

- I.** Promote awareness of available student mental health resources;
- II.** Recognize students who may be experiencing mental health concerns and refer them to appropriate resources and services.
- III.** Participate in education and training opportunities relevant to their role;
- IV.** Respect student privacy and confidentiality in accordance with applicable legislation and University policies;
- V.** Recognize the limits of their professional role and refer students to specialized supports to appropriate mental health professionals.

3.3 Students

Students share responsibility for contributing to a healthy and supportive community.

Students are encouraged to:

- I.** Seek assistance when experiencing mental health concerns;
- II.** Respect the dignity, wellbeing and inclusion of others;
- III.** Participate in mental health awareness programs, education, and wellness initiatives where appropriate;
- IV.** Access available supports and services when appropriate;
- V.** Contribute to inclusive campus culture that promotes respect, belonging, and wellbeing.



4. DEFINITIONS

- 4.1 Whole-Campus Approach: A coordinated institutional approach that promotes and supports student mental health through shared responsibility across academic, administrative and student support functions.
- 4.2 Mental Health: A state of wellbeing that enables individuals to realize their abilities, manage normal life stresses, learn effectively, and contribute to their communities.
- 4.3 Student Wellness Services: Services provided by Huron, Western University and approved external providers that support student mental health and wellbeing.
- 4.4 Student Mental Health Programs, Services and Supports: The continuum of mental health promotion, prevention, early intervention, counselling, accessibility, crisis response, referral, and wellness services made available to Huron students directly by Huron University, through Western University, or through approved external service providers, as appropriate.

5. POLICY

- 5.1 In supporting Huron's commitment to student mental health, Huron will maintain, promote, and facilitate access to a continuum of student mental health programs, services, and supports designed to promote prevention, early intervention, and timely access to care, academic success, and overall student wellbeing. These programs, services, and supports may be provided directly by Huron, through Western University, or through approved external services providers, as appropriate.

5.2 To support this commitment Huron will:

- I. Promote a campus culture that values mental health, wellbeing, inclusion, respect, belonging, and psychological safety.
- II. Promote awareness, education, mental health literacy, and prevention initiatives that encourage early recognition of mental health concerns, reduce stigma, and encourage help seeking.
- III. Provide, or facilitate access to appropriate student mental health programs, services, and supports including counselling, wellness resources, referrals, accessibility services, and crisis support, where appropriate.
- IV. Support early intervention of students experiencing mental health concerns and facilitate timely referral to appropriate internal or external resources where students require additional assistance.
- V. Promote accessible, equitable, and inclusive mental health services that recognize the diverse needs of the student community.
- VI. Support equitable access to academic accommodation and student support services in accordance with applicable legislation and University policies.



- VII. Support reasonable academic accommodation for students experiencing mental health disabilities in accordance with applicable legislation and University policies.
- VIII. Collaborate with Western University and community partners, where appropriate, to enhance the coordination, availability and continuity of student mental health services and supports.
- IX. Protect the privacy and confidentiality of personal information in accordance with applicable legislation and professional standards.
- X. Develop, maintain and periodically review procedures and guidelines that support the implementation of this policy, including education, referrals, crisis response, privacy and service delivery.
- XI. Monitor the implementation and effectiveness of this policy and report, where required, through the University's governance processes in accordance with applicable legislation, Ministerial directives.
- XII. Review this policy on a regular basis to ensure continued alignment with applicable legislation, Ministerial directives, institutional priorities, and evolving best practices.

6. PROCEDURE

- 6.1 The Wellness Team shall collect, use, disclose and protect Personal Health Information in accordance with applicable legislation, including Personal Health Information Protection Act (PHIPA), The Freedom of Information and Protection of Privacy Act (FIPPA), and applicable professional standards.
- 6.2 Students accessing Wellness Services will receive information regarding privacy, confidentiality, consent, and the limits of confidentiality at the commencement of services.
- 6.3 Huron acknowledges the importance of enhancing knowledge about mental health concerns and developing effective response skills to foster a campus culture of wellbeing and support through education and training initiatives.
- 6.4 Huron will embed information about campus mental health support in all students, student leaders, staff and faculty orientation programs to increase awareness of campus services and how to access them.
- 6.5 Huron will provide ongoing education, training, and resources on how to support students in distress through evidence-informed mental health education and awareness initiatives.
- 6.6 Huron will support the ongoing professional development of the Wellness Team to ensure best practices in mental health care.
- 6.7 Huron offers a continuum of mental health and wellness support, including prevention, early intervention, counselling, peer support, referrals, wellness programming, and connections to community resources as appropriate.



- 6.8 Huron is dedicated to identifying opportunities for collaboration with various external service providers to enhance the mental health resources available to students and provide access to specialized services beyond those offered by the University.
- 6.9 The Wellness Team will maintain current referral pathways and relationships with community partners.
- 6.10 Huron acknowledges that students experiencing permanent or temporary mental health disabilities are eligible for academic accommodation to support their learning while at university and will be supported through the required accessibility process.
- 6.11 Students experiencing temporary mental health challenges may access academic consideration through the University's approved processes.
- 6.12 Students experiencing an immediate mental health crisis will be assessed using appropriate clinical practices and referred to appropriate emergency or community services where required.

The Wellness Team will:

- I. Assess safety concerns using evidence-informed practices;
- II. Develop safety plans where appropriate;
- III. Provide consultation to faculty and staff regarding students in distress; and
- IV. Maintain procedures for emergency response and referral.

7. RELATED POLICIES, PROCEDURE, AND GUIDELINES

- I. Integrated Accessibility Standard Regulation
- II. [Non-Academic Student Code of Conduct](#)
- III. Emergency Response Plan
- IV. [Gender-Based Sexual Violence Policy](#)
- V. [Harassment, Sexual Harassment, Racism and Discrimination Prevention Policy](#)
- VI. Privacy Policy
- VII. Student Accommodation Policies
- VIII. [Freedom of Expression](#)
- IX. [Wellness Services](#)
- X. [Blue Folder](#)
- XI. Diversity and Equity in Employment and Education



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