

Mental Health and Wellness Committee

Formed late in the 2014-2015 academic year, the Mental Health and Wellness Committee supports and promotes mental health and wellness of graduate students at the University of Calgary.

The Committee has three main purposes:

1. Create a more positive community for graduate students at the University of Calgary.
2. Identify resources, both on and off campus, that support and promote graduate student mental health.
3. Advocate for students with mental health issues and reduce stigma associated with mental illness.

The Committee organizes events and workshops for graduate students. The events provide an opportunity for students to relax and socialize with fellow graduate students and the workshops educate students on wellness. Events held in the past include paint nights, mindfulness workshops, and sleep hygiene workshops.

The Committee created a document that compiles a list of mental health resources and information regarding procedures for academic concerns arising from mental health struggles. The academic concerns include sick leave, accommodation for Teaching Assistants, and changing from full-time to part-time status.

Email: wellness.gsa@ucalgary.ca.

Website: The document will be posted soon <http://gsa.ucalgary.ca/>.