



Holistic Mental Health Approaches

Toolkit



Introduction

About the Tools and Toolkits

These tools and toolkits are hosted by **Healthy Campus Alberta**, a provincial community of practice committed to cultivating caring campus communities in Alberta. Originally developed by **Alberta Campus Mental Health Innovation** (an initiative carried out by the **Alberta Students Executive Council**), the tools and toolkits are learning-focused, living documents that serve to support our community of practice.

About the Holistic Mental Health Approaches Toolkit

This toolkit is an introduction to systemic and comprehensive approaches to a mentally healthy campus and community strategy. It has been developed to support the policy-mandated collaboration of the Alberta post-secondary student mental health strategy. Achieving the intended outcomes of this strategy requires post-secondary institutions, student leaders, healthcare organizations and community support agencies to work closely together to align services and supports, and navigate student transitions. This requires common understanding of terms and diverse worldviews, shared frameworks, and tools. This toolkit can be used to support purposeful, theory-based approaches for designing and implementing health promoting and health-enabling environments strategies.

Who could use this toolkit?

- Individual services, programs, and organizations (e.g., student leaders, governance bodies, service providers, program managers, leaders);
- Regional hubs;
- Funders and government.

What purposes could this toolkit serve?

- Informing the development of well-informed mental health approaches for Alberta post-secondary institutions;
- Learning about the student experience and ways to center the student experience in mental health approaches;
- Offering helpful tools to be used in everyday practice by staff, and faculty.

Toolkit Contents

Conceptual Tools

A conceptual tool provides framing perspectives for the toolkit.

Framing Holistic Mental Health Strategies

This tool provides the definition, terminology and assumptions used in developing this toolkit. Later sections provide information on the underlying mechanisms that are associated with positive mental health.

Student Mental Health Journeys

This tool includes two types of journeys – a human’s macro life journey, and a set of micro-journeys that are important to inform purposeful design of health promoting / capacity building strategies.

Grounding Strategies in Diversity

This tool provides some tools for considering the possible diversity of student experiences, and can be used for the range of strategies involved in a comprehensive strategy.

Systemic and Comprehensive Approach

This tool provides an overview of the ways to implement a systematic and comprehensive approach, i.e., perspectives that acknowledge the interdependence and holistic nature of student mental health.

Practical Tools

A practical tool is a resource that can be used in day-to-day practice.

This toolkit contains a three-part set of practical tools:

Student Diversity Profiles

Student Scenarios

Service Evaluation Mapping

Resources



View the rest of the [Holistic Mental Health Approaches Toolkit](#)



View the [Complex Collaboration Toolkit](#)



View the [Student Led Initiatives Toolkit](#).

Questions for Consideration

- What parts of the toolkit are most useful for your context?
- Does your campus have a mental health strategy? How is this strategy actioned in your context?
- Are there any resources that you often refer to in your practice that are missing in this toolkit?
- How do you consult with students in your practice?