



HEALTHY
CAMPUS
ALBERTA



Canadian Mental
Health Association
Alberta
Mental health for all

YOUR COMMUNITY OF PRACTICE:

A Conversation with Daniel Major



Daniel Major is a fourth-year Cellular and Molecular Biology student at Mount Royal University, a member of the Healthy Campus Alberta Design Team, and a passionate supporter of mental health in his community.

Daniel first became involved in mental health initiatives on campus when he joined a student group through Wellness Services. He was then trained to be a facilitator with the Mental Health Commission of Canada's (MHCC) Inquiring Minds Program and has helped educate fellow students on mental wellness through workshops, classroom presentations, and peer support.

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"Every time I get to deliver training or support on mental wellness, I learn a little bit more about my own mental health journey," Daniel said.

Daniel was also a member of a national MHCC committee that helped design the Standard - a set of flexible, voluntary guidelines to help post-secondary institutions support the mental health and well-being of their students. Currently, he is involved in building a suicide prevention framework at Mount Royal.

"Being on the committee for the Standard was a great opportunity for growth. It really accelerated my knowledge of mental health models," said Daniel.

For Daniel, Mount Royal provides a small community-oriented campus feel with a focus on teaching excellence and broad opportunities for students to learn.

"My favourite thing about my campus is the community here. You get to know your professors

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by their first names; and there are so many opportunities to get involved, connect, and make a difference," Daniel said.

Daniel believes that mental wellness is a skill that requires attention and investment every day. It can include having healthy relationships, not being ruled by lingering anxiety or depression, and maintaining a positive outlook.

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without stigma," said Daniel. As a member of the HCA Design Team, Daniel is hoping to bring perspectives from a variety of stakeholders including Wellness Directors, researchers, faculty, and students.

"It is really incredible to hear about all the different initiatives that are going on around the province in other post-secondary institutions. I am excited to be able to bring these ideas back to our campus. It provides an opportunity to connect students and resources across Alberta," Daniel said.

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"The great thing about the Community of Practice is that we all have something to contribute in order have those richer conversations about student mental health. The Summit event has been very powerful because you get to see the large number of people who have committed a part of their life to wellbeing in post-secondary institutions. **It is a great opportunity to network and learn from each other's success."**

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In the future, Daniel hopes to see continued conversations and outreach around student mental wellness.

"During the time a student is on campus, I hope that they can be given the skills and literacy to manage their own mental wellness once they graduate and enter the workforce. We

will all face mental health challenges in our lives; and **my hope is that the work we are doing will help equip our students with the tools they need to overcome them,"** Daniel said.

This has been part of the Healthy Campus Alberta Project, "Your Community of Practice." To read more conversations with members of the community of practice, visit healthycampusalberta.ca/about-us/our-community.

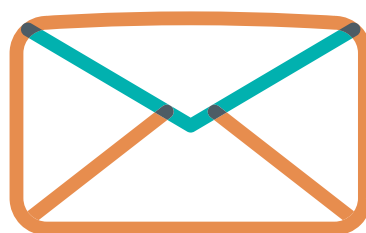
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