



Hello,

It is our pleasure to introduce you to Healthy Campus Alberta. HCA is a community of practice that serves to partner with campuses and community partners interested in post-secondary mental health & well-being from across the province.

Our collective vision is to *“educate, collaborate, and advocate; transforming culture and creating caring campus communities throughout the province of Alberta.”* We are committed to achieving this through an *“inclusive, collaborative, and community-integrated approach to mental health and wellness”*. The HCA Staff Facilitation Team supports the sharing of accessible and sustainable program ideas; sharing best practices and research; and cultivating a culture of support and compassion for all post-secondary institutions across Alberta. This includes students, staff, faculty and community partners, recognizing the unique needs of each individual and institution, and the role each plays in a whole-campus approach to mental health and well-being.

We encourage you to join the conversation and stay informed of all that is going on in post-secondary mental health in our province. [Explore our website](#) to discover an abundance of resources, learn more about our who we are and what opportunities we have for learning and connecting, and to join the [HCA Community Hub](#), where you can connect virtually with other members of the HCA Community of Practice, ask questions, collaborate, and access community resources.

Our website also contains several online introduction resources to help familiarize you with Healthy Campus Alberta under the [‘About Us’](#) tab. You can contact our team anytime to discuss how Healthy Campus Alberta can connect you and your campus with others from across the province who are passionate about post-secondary mental health & well-being.

It is our pleasure to partner with you to reach your campus community! We look forward to taking this journey with you.

Sincerely,

Your HCA Staff Facilitation Team