

Mental Health Advocacy Policy
Students' Legislative Council (74.35)
Passed: April 11, 2017 (74.35)



Definitions

Mental Health refers to the ability to positively manage a state of psychological and emotional well-being. It includes, but is not limited to, handling psychiatric challenges, stress, anxiety, grief, and depression in healthy and resilient ways. Positive mental health includes community engagement, challenging stigma, building resilience, and applying healthy coping strategies.

Authority

- 1 (1) Section 93(3) of the *Post-Secondary Learning Act* legislates that the students' association of a public post-secondary institution shall provide for the administration of student affairs at the public post-secondary institution, including the promotion of the general welfare of the students consistent with the purposes of the public post-secondary institution.
- (2) Article VI, Section B of the Constitution establishes the Students' Legislative Council (SLC) as the policy-making body responsible for the business and affairs of the Students' Union.

Purpose

- 2 (1) This policy demonstrates the SU's commitment to the mental health of all undergraduate students; provides a guiding vision for SU governance, advocacy, and operations; and identifies priorities which enable the SU to serve and represent undergraduate student interests at the University of Calgary.

Policy Statement

- 3 (1) The SU will strive to meet and advocate for the present and future mental health needs of students according to the following principles. The SU will:
 - (a) Advocate for per-student funding for on-campus mental health support services;
 - (b) Advocate for academic accommodations for students with mental health challenges;
 - (c) Advocate for the availability of mental health support services to all students, including students who belong to marginalized groups;
 - (d) Identify and support opportunities to obtain current, comprehensive information on students' mental health challenges in sensitive ways;
 - (e) Promote measures which reduce student barriers to accessing mental health disability assessments;
 - (f) Work to increase student awareness of mental health support services;

- (g) Identify opportunities to address the role of food security in mental and emotional resilience;
- (h) Play an active role in discussions with the University of Calgary regarding the allocation of student and campus mental health funding;
- (i) Assess student satisfaction with mental health support measures, and evaluate their effectiveness;
- (j) Promote the availability of mental health support services on all University of Calgary campuses; and
- (k) Identify and pursue opportunities to create, expand, or improve high-quality, cost-effective programs related to mental health, within the purview of the SU.