

# McMaster Okanagan Mental Health & Well-being Task Force



## February 2021 Update

### COMMITTEES

The MOC MHTF is informed by three important committees consisting of representatives from across the University. The committees have each met twice and provided insight, information and perceptions on the mental health and well-being on campus.

- [MOC MHTF Oversight and Planning committee](#)
- [MOC MHTF Education and Promotion Subcommittee](#)
- [MOC MHTF Workplace and Education Subcommittee](#)

### MEETINGS WITH THE MCMASTER COMMUNITY

The MOC MHTF is meeting with key stakeholders around McMaster mental health issues in small group discussions across campus. To date, these meetings have included individuals from the following groups:

- MUFA
- HR and TMG
- Student Services
- UNIFOR
- Student Wellness Centre
- MSU

### MEETINGS WITH PROGRAMS AND OTHER UNIVERSITIES

The MOC MHTF has also met with various programs and organizations, and other Canadian Universities across Canada, looking at best practices and availability of mental health resources.

### ARE YOU A MENTAL HEALTH CHAMPION?

The MOC MHTF is looking to hear from individuals and programs that are running mental health programs, services, and campus research. Knowing what is being done helps us identify gaps.

Please let us know about your programs either via email at [okanagan@mcmaster.ca](mailto:okanagan@mcmaster.ca) or on our website by completing this [form](#).

### ANALYSIS TO DATE

Committees shared insight and opinions on the strengths, weaknesses, opportunities, and threats at the University related to mental health and well-being initiatives. This information is being used for analysis. Discussions included:

- What are key strengths / qualities / resources / assets;
- What are key weaknesses/areas for improvements;
- What are key opportunities that we can seize
- What are the key threats facing McMaster;
- What populations or groups on campus are you particularly concerned about or feel require additional attention?
- What resources & programs, websites, social media platforms are you aware of that are currently available for the McMaster community to educate or promote mental health and well-being?
- What are the pain points you have experienced, witnessed or are aware of that impact mental health & well-being?

### MOC WEBSITE FEEDBACK

The committee has also received feedback from people submitting their suggestions on the website. This information is very beneficial and is being included in planning and discussion documents. [Please continue to provide your input here.](#)



### FOLLOW US ON SOCIAL MEDIA

Follow [@mcmasterokanagan](#) for well-being tips including the new **Mental Health Mondays**— helping to start the conversation about workplace mental health.

