Campus Wellness is here to help all students at the University of Waterloo. Our professionals provide primary medical care and mental health services using an inclusive, connected, and collaborative approach.

**APPOINTMENT ACTIVITY**

Campus Wellness takes a client-centered approach, whereby we plan and implement programs and services that are respectful, responsive and adaptive to client preferences, needs, and values.

**MENTAL HEALTH GROUPS & TRAINING**

Recognizing and responding to someone in distress: Break free from low mood - 44 participants

Averting anxiety - 47 participants

Question, Persuade, Refer mental health training - 128 participants

**MENTAL HEALTH LITERACY CERTIFICATE PROGRAM**

- 92% of participants feel they can recognize someone in distress
- 100% of participants feel confident in supporting someone facing mental health concerns or in mental distress

**COMMUNICATIONS & SOCIAL MEDIA**

- 4,756 followers across our social medial platforms

**WELLNESS COLLABORATIVE**

Our goal is to communicate, coordinate and collaborate to build on existing strengths and implement new evidence-based wellness initiatives.

**OCCUPATIONAL HEALTH**

Occupational Health has seen an increase in employee absences, sick leaves and Long Term Disability claims related to mental health over the past year. Our team supports employee wellbeing and all claims related to Sick Leave, LTD, and medical accommodations.

**PEER HEALTH EDUCATION**

Campus Wellness has hired a consultant to build a transformative equity strategy which will inform and guide equity work at Campus Wellness from 2022 - 2026. The strategy is centered around five pillars: Caring, Whole, Equitable, Strategic, and Transformative.

**EQUITY**

- 92% increase from 2021
- 82% increase from 2019
- 77% increase from 2019

28 staff actively participated in the development of the strategy.