



STUDENT MENTAL HEALTH ANNUAL REPORT

2024-2025



Northern College

Student Mental Health Annual Report

Reporting Period: September 1, 2024 – August 31, 2025

Purpose

This annual report provides the Northern College Board of Governors and the Ministry of Colleges, Universities, Research Excellence and Security with anonymized data on student mental health service usage, trends, and strategic actions. The report fulfills the requirements outlined in the *Student Mental Health Policy* and supports ongoing institutional commitments to student well-being and success.

Introduction & Policy Context

Northern College is committed to fostering a learning environment that prioritizes student wellness and promotes a culture of care. Through policy-guided initiatives and responsive support systems, the College aims to enhance access to mental health resources, build college community resilience, and ensure equitable support for students with disclosed mental health disabilities.

The Student Mental Health Policy (A-30) was created and issued on January 30, 2025. This academic policy is located on a dedicated Mental Health Advising webpage which allows us to track the number of unique visits.

<https://www.northerncollege.ca/students/advising/mental-health/>

January 30, 2025, to August 31, 2025- **629** unique visits to the page.

Students and staff were notified of the new policy through email and on the Learning Management System (BlackBoard). Information is also shared in person with students at various events on campus.

Inventory of Programs, Services and Supports

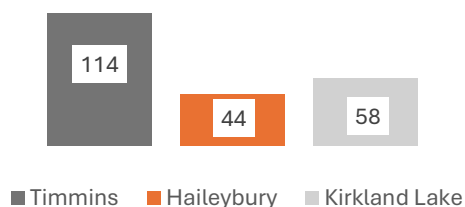
At Northern College, students have access to a wide range of mental health services, supports, and resources— both on and off campus. Recognizing that a one-size-fits-all approach does not meet the diverse needs of our student population, we are committed to

offering personalized and effective support options. See **Appendix A** for a full list of programs, services and supports available.

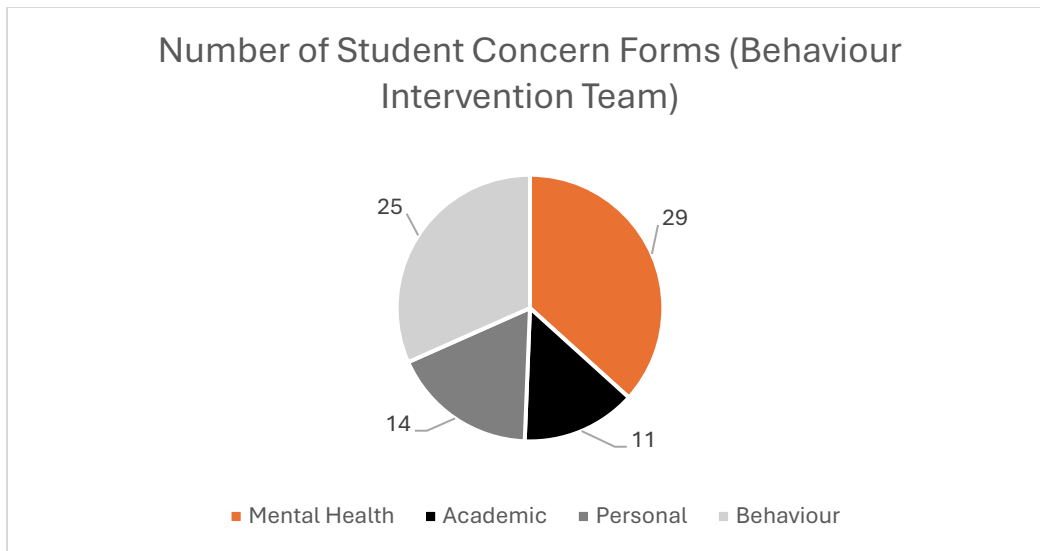
Service Usage

Description	Number of Students
Students registered with Accessibility Services receiving academic accommodation for a disclosed mental health disability	216

Students Receiving Accommodations for a Mental Health Diagnosis by Campus



Students accessing emergency counselling support	20
Students participating in Mental Health workshops and training	
➤ Mental Health First Aid	53
➤ Living Works Start	96
➤ SafeTalk	70
➤ Student Lingo Mental Health Workshops	37
➤ Virtual Wellness Series	41
Student Concern Forms relating to mental health- submitted to the Behaviour Intervention Team	29
Students accessing advising support for a mental health related concern	320



Strategic Alignment and Next Steps

Northern College continues to advance its Student Mental Health Supports through:

- Expanding early intervention and peer-support programs.
- Enhancing training for faculty and staff in recognizing and responding to student mental health concerns.
- Creating and strengthening partnerships with community mental health agencies.
- Embedding mental health literacy and wellness practices across campus culture.

These efforts align with Northern College's Strategic Plan priorities of *Student Success*, *Equity and Inclusion*, and *Community Well-being*.

Privacy & Confidentiality

All data presented in this report was collected and reported in accordance with institutional policies and applicable privacy legislation to ensure the confidentiality and anonymity of students.

Appendix A

Inventory of Programs, Services and Supports

Advising Services- provides the opportunity to reactively and proactively engage students. Through engagement strategies, we support students by providing navigation and advisement related to student mental health and wellness goals/needs. Student Advisors are part of a multi-disciplinary team that focuses on the needs of students. Areas of focus include:

- International Advising
- Indigenous Advising
- Student Success
- Accessibility Services
- Mental Health
- Student Life

Accessibility Services- Committed to making sure every student can fully participate in their academic experience. Provides support, academic accommodation, and resources to help remove learning barriers for students with physical, sensory, or mental health disabilities.

Northern College Student Association- A student-led group dedicated to supporting all students on campus by organizing events and activities that foster community and address diverse needs. They aim to enhance both academic success and social engagement, encouraging students to get involved, develop leadership skills, and fully enjoy their college experience.

Housing Supports- Dedicated staff who can assist with off-campus housing searches, help matching with potential roommates, and connect with landlords to identify available rentals. On-campus residence options are also available at our Timmins, Kirkland Lake, and Haileybury campuses.

Tutoring Supports- Tutors can support learning by clarifying concepts and offering additional guidance to help students become a more independent learner.

Wellness Centres- Staying active is key to doing your best in school. Every campus has a fully equipped gym and fitness rooms that are free for students. Whether students are into weight training, cardio, or just want to blow off steam after class, Northern College's athletic facilities and programs are here to help students stay energized, focused, and feeling great all year long.

Physical Spaces- green spaces, reflection spaces, and cultural spaces.

Food Bank (on campus)- Worrying about your next meal shouldn't be part of a student's life. Eating well is key to feeling good, staying focused, and meeting academic goals. That's why every campus has a free, confidential food bank stocked with essentials to help take the pressure off.

Sleep Pods- Benefits of rest correlate to positive long-term health, improved mood, creativity, and learning

Behaviour Intervention Team (BIT)- The BIT encourages student health and well-being, and a safe campus environment overall. The goal of BIT is to provide early intervention strategies to assist students/clients and to ensure behaviours do not escalate.

Counselling Services for Domestic Students through “We Connect”- Counselling sessions are provided for domestic students and their dependents by phone, web, live chat, email, text and through the We Connect app. This service is included in the Domestic Student Health Benefits through *We Speak Student*.

Counselling Services for International Students through “Stay Healthy at School”- All International students at Northern College have access to cost-free mental health support through it's Stay Healthy at School Program through Study Insured. The counselling program offers 24/7 access to professionally qualified mental health counsellors as well as immediate crisis intervention in more than 100 languages.

Training and workshops- Student Lingo and Virtual Wellness Workshop Series. A list of the workshop topics includes School/Work/Life Balance; Loneliness & Isolation; Enhancing Emotional Intelligence; Test & Exam Stress; Understanding Substance Use; Healthy Relationships & Communication; Coping through the holidays; Building Healthy Habits; Creating Healthy relationships with technology; The Art of Saying “no” and better boundaries.

- **Living Works Start-** 90-minute online certificate program that teaches trainees to recognize when someone is thinking about suicide and connect them to help and support.
- **Safe Talk-** Prepares participants to identify individuals at risk of suicide and connect them with appropriate supports. The program is designed for individuals aged 15 and older and requires no prior mental health training.
- **Mental Health First Aid-** This is a certificate program that teaches participants to provide Mental Health First Aid (MHFA). MHFA is offered to someone with an emerging mental health or substance use problem or in crisis, until appropriate treatment is found, or the situation resolves.

WellNorth- Online platform offering 24/7 access to live and on-demand fitness, nutrition, mindfulness and educational sessions – **FREE for Northern College students!**

Good2Talk- Free, confidential support service for Ontario post-secondary students. Good2Talk offers 24/7 professional counselling, peer support, and referrals to on- and off-campus resources.

Be Safe- Crisis support app. Helps students to create a safety plan, find local resources for support and learn how to be safe in a mental health or substance use crisis.

Keel Mind- Provides Mental Health services for students. Services include matching, individual counselling, support groups and online resources.

Talk Campus- Online peer support services.

Emergency Counselling Services- Referrals to private practitioners in for emergency counselling - college wide for students who may not have access to counselling services/mental health supports from their student health benefits or for students who may benefit from more timely services.

Wellness Activities- set up every Wednesday at the Timmins Campus and is a peer/student-led initiative to promote mental health and wellness resources for students. Accompanying wellness Wednesday, mini-massages are offered as a form of self-care for students bi-weekly. Art Affect is also offered during this time. It is a drop-in class open to all students. The facilitator uses multiple art modes to allow students a safe space to express their emotions through art. This collaboration also provides a space where students are linked back to advising services for support, as necessary.

Campaigns and Initiatives- Available throughout the academic year and help produce awareness for the purpose of enhancing mental health and wellness literacy and understanding. (Bell Let's Talk, World Suicide Prevention Day).