

Student Wellness Policy

1. Purpose

The *Student Wellness Policy* (“policy”) outlines the Institution’s intentions on support and wellness of students, and collegial responsibility in supporting the mental health and wellness of its students. This policy should be read in conjunction with the *Student Wellness Procedures*.

2. Scope

This policy applies to all students.

3. Definitions

See *Glossary of Terms*.

4. Policy statements

4.1 The Institution is committed to promoting and ensuring the overall wellness and mental health of its students in order to create a healthy and safe environment for its community.

4.2 The Institution considers that support and wellness services are an integral part of student life in order to:

- a. enhance the student experience and enable students to achieve their personal and educational goals;
- b. help students identify whether their personal circumstances are having an adverse effect on their education; and
- c. ensure wellbeing and foster an environment that is free from harm.

4.3 There are strategies in place to identify students who require additional support to achieve their personal and academic potential. Students are encouraged to seek support early if they experience a decline in their wellbeing.

4.4 Information and access to advice, support and/or counselling is provided in a timely manner on a range of matters including, but not limited to, a student’s

course of study, educational experience, mental health, personal wellbeing and safety, sexual harm support and counselling, accommodation issues, disability and any other wellness needs. See also the *Student Wellness Procedures*.

4.5 students who require additional support as a result of failing to maintain satisfactory academic progress will be managed in accordance with the *Academic Progression Policy* and *Academic Progression Procedures*.

4.6 The Institution recognises that in some instances students may require support from external professional services (e.g. emergency services, mental health support, health services, etc) as there are limits to the extent of the support that can be provided by the Institution. Information on these services will be accurate and provided in a timely manner. Referrals to external professional services are provided to students at no additional cost.

4.7 Students are entitled and encouraged to request and/or access relevant internal or external advice, support and/or counselling services as needed while enrolled as a student.

4.8 Privacy will be upheld during all consultations and personal information will be handled confidentially in accordance with the Institution's *Privacy Policy*. Information may be disclosed if the Institution has reasonable grounds for concern about the health and safety of the student or others, or there is a legal requirement to do so.

4.9 A variety of health, wellness, and safety initiatives/campaigns are promoted across the physical and online campus in order to foster a safe environment.

5. Role and responsibilities

5.1 **Students** are responsible for:

- seeking relevant support and/or professional assistance where personal circumstances are having an adverse effect on their education; and
- contacting relevant support services should they receive any informal or formal feedback regarding concerns for their progress or wellness.

5.2 **Staff** are responsible for:

- identifying students who may require some form of advice, support and/or

counselling; and

- be aware of their own personal and professional limitations and refer the management of any student to those with relevant expertise as required.

5.3 The **Wellness Team** is responsible for:

- providing limited, informal personal guidance and support for any physical, mental health and/or emotional issues affecting a student's academic progress; and
- developing a variety of health, wellness, mental health and safety initiatives/campaigns which are promoted across the physical and online campus in order to foster a safe environment.

6. Related documents

Academic Progression Policy

Academic Progression Procedures

Student Wellness Procedures

Diversity and Equity Policy

Approved by Academic Board on 27 May 2022.