



TalkSpot

Student Mental Health Support

Faculty of Engineering

Sarah Dickson-Anderson
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TalkSpot

Problem Statement & Rationale

Problem Statement

- Mental health disorders represent half of all diagnosed health concerns of young adults (WHO, 2010).
- Barriers to help-seeking (Jensen et al., 2023).

Rationale

- Potential for localized, embedded mental health supports to address accessibility issues (Schreier et al., 2021).
- Accessible services tailored to needs of student groups could address barriers to access and improve overall student wellness (Wright et al., 2023).

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Program Goal

Strengthen the McMaster University Faculty of Engineering Mission and Vision including the Strategic Priorities to Support Equity, Diversity, and Inclusion, and Enhance Student Retention through an accessible, embedded wellness service.



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Program Pillars

1

Direct Student Support

2

Mental Health Programming

3

Faculty/Staff Consultation

Student Wellness Centre
Rosanne Kent, Director
Debbie Nifakis, Associate Director, Counselling

TalkSpot
Office of the Associate Dean (Undergraduate)

Engineering Student Groups, Clubs & Societies

Engineering Faculty, Instructors & TA's

Engineering Co-Op & Career Services

SSC Writing & Academic Skills

Aid & Awards (Office of the Registrar)

Engineering Academic Advising

Student Case Management

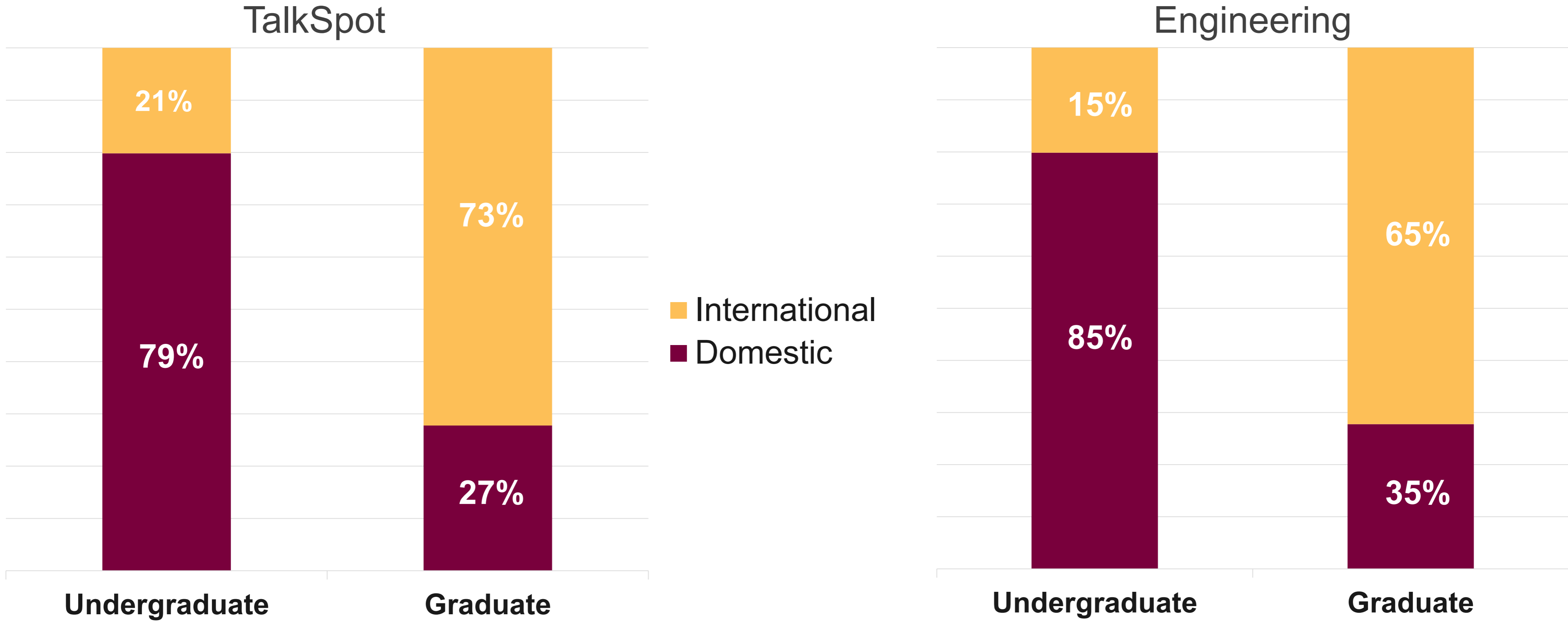
Student Accessibility Services

Sexual Violence Prevention & Response

International Student Services

Pillar 1: Same-Day Appointments

Student Population



Pillar 2: Mental Health Programming

Events & Collaborations

Outreach

- EMBER
- Ignite
- McMaster University Chemical Engineering Conference (MUCEC)
- IDEA Conference
- Civil Engineering Society

Workshops

- SSC Writing & Academic Skills Centre
- Okanagan Office
- Chemical Engineering Graduate Seminar
- STEM Week
- Women in Engineering
- Black Student Recruitment

Staff Education

- ECCS De-Escalation Training
- IAI Mental Health Training
- Academic Advising Referral Pathways Training
- Employee Health Services

Pillar 3: Faculty & Staff Consultation

Referrals & Consultations

- Academic Advising
- ECCS
- SSC Academic Coaching
- SWC Crisis Nursing
- SWC Counselling
- Departments
- International Student Services
- International Undergraduate Student Coordinator

