



University
of Windsor

UWindsor Student Mental Health Strategy

Our Purpose

The purpose of the UWindsor Student Mental Health Strategy is:

- To foster a thriving University community that actively promotes mental well-being and supports students to flourish in both their personal and academic lives.

Our Vision

The University of Windsor is a caring, compassionate and connected community where mental well-being is interwoven into everything we do, open conversations about mental health take place, supports are visible and readily available, and students are empowered to care for themselves and each other.

Our Guiding Principles

“We” stands for students, faculty and staff.

Accessibility and Diversity

We provide mental health services and supports that are visible, barrier-free, non-judgmental, inclusive and equitable.

Empathy and Compassion

We enhance every student’s sense of belonging by infusing empathy, compassion and respect into everything we do.

Empowerment

We build capacity, develop resiliency and empower all members of the campus community to take an active role in building awareness, eliminating stigma and managing mental health issues.

Engagement

We actively engage students, faculty and staff to establish meaningful collaborations, proactively address needs, build capacity and share ideas.

Responsive

We provide relevant and responsive services that are grounded in best practice, and are fluid and dynamic in meeting the mental health needs of students.

Shared Responsibility

We share the responsibility for creating the campus conditions that support student success and promote mental well-being.