

Annual Report on Student Mental Health Policy

In response to the Minister's Student Mental Health Directive for Publicly-Assisted Colleges and Universities, the University of Windsor's Provost submits this report on the implementation and effectiveness of the University's student mental health policy from January 1, 2025 to December 31, 2025.

CURRENT STATE

In developing the University's Student Mental Health Policy, an informal environmental scan was conducted to review available data, policies, services, programs, institutional websites, and community supports. This review identified strengths, gaps, and emerging needs, and informed both the development of the policy and the alignment of services and initiatives supporting student mental health.

Mental Health Supports. Student mental health services are led by Student Health, Counselling and Wellness Services, with privacy and confidentiality as foundational principles. The department includes mental health clinicians, physicians, nurses, a psychiatrist, and mental health promotion staff, delivering care across a continuum that includes mental health promotion, early intervention, clinical treatment, and crisis response.

A multidisciplinary Assessment and Care Team, comprised of experts in clinical mental health, campus safety, residence life, and case management, responds to Care Alerts submitted by members of the campus community. The team coordinates risk assessment, case management, and wrap-around supports for students experiencing complex or high-risk situations. Specialized advocacy for survivors of sexual violence and peer-led recovery supports for substance use are also available through campus partners.

Equitable access to culturally safe supports is prioritized, including dedicated services for Black, Indigenous, Jewish, and Palestinian students, among others, in response to student-identified needs and campus climate impacts.

Student Mental Health Strategy. The University of Windsor launched its inaugural [Student Mental Health Strategy](#) in 2018 following extensive student-centred consultation. The Strategy identified 39 recommendations to be implemented over five years. Substantial progress has been made toward these recommendations, alongside additional advancements, including the following highlights.

Institutional Integration

- Senate by-law mandating inclusion of mental health resources in all course syllabi
- Trauma-informed toolkit for integrating mental health best practices into institutional policies and procedures
- Processes for [name](#) and [pronoun](#) changes within University systems
- Ongoing student mental health data collection (NCHA 2019; CCWS 2025)

- Redesign of student spaces and creation of new wellness rooms
- Launch of a [Food Security Action Plan](#)

Service Provision

- Integration of student health and counselling services under shared leadership
- Addition of clinical intake coordination and a full-time Care Navigator
- Expanded counselling access through same-day appointments and embedded therapists in faculties
- Adoption of a 24/7 student assistance program (currently I.M. Well)
- Enhanced online service navigation and resource guides
- Planning for a consolidated Wellness Centre
- Pending grant application for an after-hours, campus-based mobile crisis response team

Mental Health Promotion, Education, and Training

- Establishment of a campus-wide mental health promotion portfolio and full-time Wellness Coordinator
- Development of a year-round suicide prevention initiative, *It Matters that You're Here*
- Implementation of campus-wide resource awareness campaigns (*Here4You*)
- Faculty-facing classroom resources to support help-seeking
- Expanded mental health training for staff, student leaders, and service providers
- Access to Therapy Assistance Online (TAO) and integration into selected curricula

Given significant societal changes since the Strategy's launch, including the COVID-19 pandemic and advancements in equity, diversity, and inclusion, a second Student Mental Health Strategy is now in development.

STAKEHOLDER CONSULTATION & DATA

Canadian Campus Wellbeing Survey. In Winter 2025, the University administered the Canadian Campus Wellbeing Survey (CCWS) for the first time. All enrolled students (15,717) were invited to participate; 3,032 students completed the survey (19% response rate). The survey assessed a broad range of indicators, including mental health, physical health, service utilization, food and housing security, and institutional experience. A comprehensive analysis of CCWS data is underway and will inform the development of the new Student Mental Health Strategy, ongoing policy refinement, and campus-wide planning within faculties and departments.

Ongoing Consultation. The strategy development process includes extensive consultation with students, faculty, staff, and community partners through focus groups, interviews, micro-surveys, and interactive engagement activities. A consultation framework guides this work, drawing on national standards and best practices, including

the National Standard for Mental Health for Post-Secondary Students, CACUSS guidance, the JED Campus Framework, and the Social Determinants of Health.

EQUITABLE ACCESS & CULTURALLY SAFE SUPPORTS

The University of Windsor is committed to equitable, trauma-informed, and culturally safe care. Clinicians in Student Health, Counselling and Wellness Services participate in ongoing specialized training in cultural safety, anti-racism, trauma, suicide prevention, and evidence-based clinical modalities.

In addition to clinical services, students have access to a range of specialized campus supports, including Turtle Island Indigenous Student Services, the Elder in Residence, the International Student Centre, Muslim Chaplaincy, Black Student Support, Palestinian and Jewish Student Support Advisors, and student-led centres supported by the University of Windsor Students' Alliance.

Students also have access to multilingual and culturally specific supports through IM Well, Therapy Assistance Online, and a range of community-based partners offering specialized services beyond campus.

INSTITUTIONAL INTEGRATION

Student mental health is embedded across the institution through policy, practice, and leadership commitment. The University's Strategic Plan, *Aspire*, and adoption of the Okanagan Charter (2024) reinforce a whole-campus approach to well-being.

Key mechanisms supporting integration include mandatory mental health resources in syllabi, a campus-wide Care Alert system, expanded stepped-care counselling services, and broad participation in suicide prevention initiatives. More than 100 campus partners have contributed to the development and delivery of *It Matters that You're Here*, reflecting growing institutional engagement and shared responsibility.

COMMUNITY PARTNERSHIPS & REFERRALS

The University maintains strong internal and external partnerships to ensure students are connected to appropriate supports. Internally, clinical teams collaborate closely with housing, accessibility services, financial aid, sexual violence prevention, athletics, international student services, campus safety, and peer-led supports.

Externally, partnerships with CMHA, local hospitals, specialized community agencies, and private practitioners enhance access to specialized, affordable, and longer-term care. These collaborations support coordinated referrals, shared training, and system-wide capacity building.

SERVICE UTILIZATION SNAPSHOT

Service	Number of Appointments	Notes
Student Counselling Centre	7508	Increasing year over year
Student Health Services	15833	Increasing year over year
Care Alerts received and managed by the Assessment & Care Team	105	Complex cases often involving a variety of on-campus and off-campus supports
Student Accessibility Services (Mental Health Cases)	880	Increasing year over year
Office of Sexual Violence Prevention, Resistance & Support	500	N/A
Wellness Office (Presentations/Workshops/Events)	115	N/A
Wellness Office (Students Reached)	8021	Additional mental health promotion reach includes mass emails to all students, social media presence, articles, etc.
Peer Support Centre	73	N/A
Lancers Recover	344	Includes 1:1 supports, recovery meetings, and educational outreach
Total	33379	