

## Mental Health Policy

**E-03, U-03, P-03**

LONG TITLE Mental Health Policy	DATE OF ENACTMENT 4 April 2022
	LAST AMENDED 31 March 2025
REFERENCE No. E-03, U-03, P-03	NEXT REVIEW 31 March 2027
CATEGORY Stances, Equity and Advocacy	COMPETENT CHAMBER Council

### PREAMBLE

To outline the strategies and practices of the organization to ensure an inclusive, accessible, and equitable approach to mental health and to fulfill the expectations of its members for the maintenance of a compassionate workplace where mental health is at the forefront of all activities and conversations.

### INTERPRETATION

1. This Policy may be called the *Mental Health Policy*.
2. This policy applies to all CUSA spaces including but not limited to office spaces, businesses, service centres, club spaces, online and in-person events, and to all CUSA staff including but not limited to executive, full-time, contract, part-time, seasonal, and volunteers.
3. CUSA understands and supports the need for thorough mental health support for all staff and students at large.
4. CUSA understands that existing mental health supports may not cater to all lived experiences or marginalized groups and will advocate for culturally relevant, accessibility-focused, and community-specific approaches to mental healthcare.

### POLICY ADMINISTRATION

5. The Vice President Student Life (VPSL), Vice President Student Issues (VPSI), and the Student Experience Manager are responsible for maintaining close relationships with Service Centres and university stakeholders regarding mental health initiatives. They shall ensure collaboration, advocacy, and promotion of mental health resources across the university.
6. The Vice President of Student Issues (VPSI) has the responsibility of creating wellness-focused community-engaged strategies, including but not limited to events, resources, and programming. The VPSI has the responsibility of working to advocate to the provincial government to provide adequate mental health support and services.
7. CUSA will work to build relationships with mental health services both on and off campus to ensure students receive timely access to support and, when possible, reduce wait times.

### POLICY

8. VPSI commits to advocating to the university and the provincial government to provide adequate mental health support to post-secondary students.
9. CUSA will maintain and frequently update a mental health resources page on the CUSA website, which shall be reviewed monthly by the VPSI.
10. CUSA service centres will provide community-specific mental health services, resources, and peer-to-peer support.
11. The VPSL, VPSI, and Student Experience Manager are responsible for maintaining strong relationships with Carleton University's Health and Counselling Services and Service Centres to ensure comprehensive mental health support is available to students.
12. CUSA commits to promoting Carleton's Health and Counselling Services and the intersectional approach taken by counselors.
13. CUSA will undertake advocacy work for mental health support through awareness campaigns, resource sharing, and events.
14. CUSA service centres will serve as safe spaces where students can access peer support and mental health-related resources tailored to their specific needs.