



**Student
Wellness Hub**

Wellness & Resilience in Law

Shrabani Debroy & Heleen Loohuis

Local Wellness Advisor (LWA)- Faculty of Law

Shrabani.debroy@mcgill.ca

Territory Acknowledgement

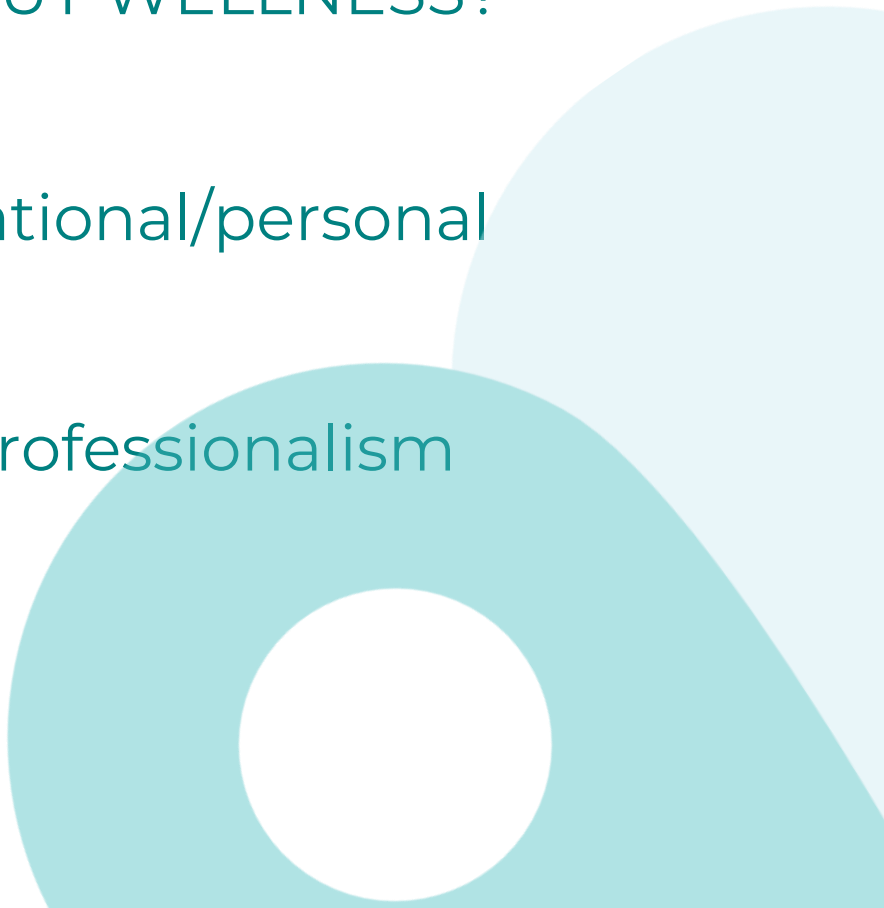
McGill University is on the traditional territory of the Haudenosaunee and Anishinabeg nations -a place which has long served as a site of meeting and exchange amongst nations.



Today's Plan

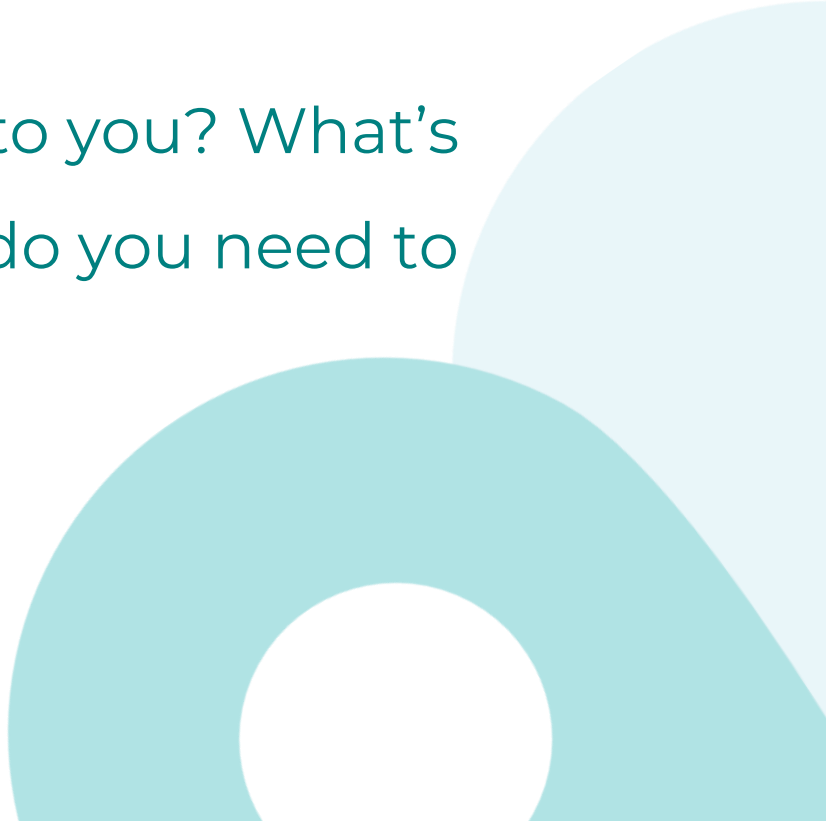
1. McGill/Law and Mental Health
2. Student Services and Wellness Hub
3. Local Wellness Advisor Role
4. Accessing Care and Resources
5. Strategies & Tools for some common issues
6. Questions

WHY DO WE CARE ABOUT WELLNESS?

1. Contributes to organizational/personal success
 2. Influences ethics and professionalism
 3. Right thing to do
- 

WHAT IS EVEN “WELLNESS”?

What does wellness mean to you? What's your definition of it? What do you need to attain wellness?



The Wellness Wheel

1. Which wellness areas are the most important to you?
2. What does wellness look like to you for each of these areas?
3. What can you do to increase wellness in some of these areas?



Let's talk **Mental Health in Law**

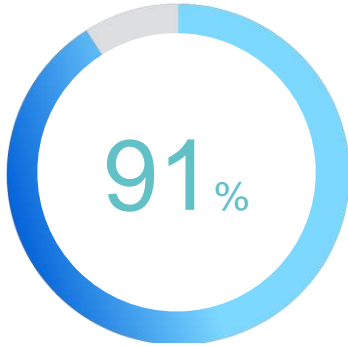
Common **issues**

- High levels of stress
- Depression
- Anxiety
- Substance Abuse
- Burnout
- Imposter Syndrome

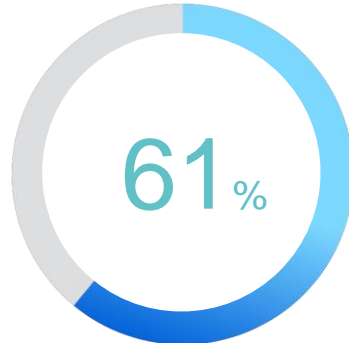


Let's talk **Mental Health at McGill**

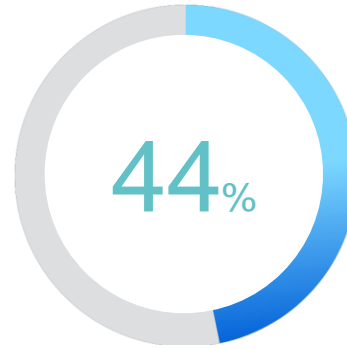
In 2016, McGill students reported that in the last 12 months



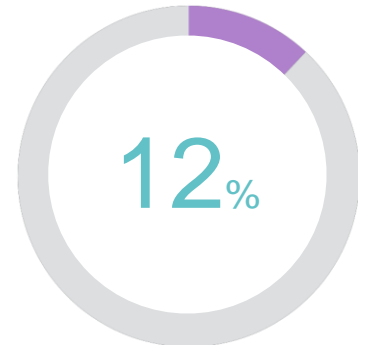
**Felt overwhelmed
by all they had to do**



**Felt things
were hopeless**

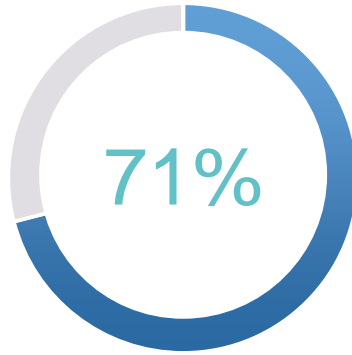


**Felt so depressed that it
was difficult to function**

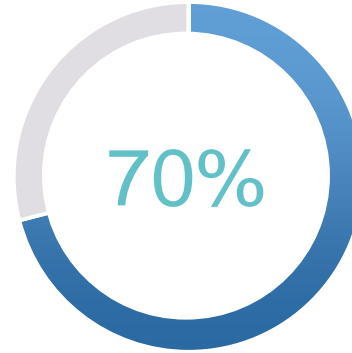


**Seriously
considered suicide**

Let's talk **Mental Health at McGill**



Felt very lonely



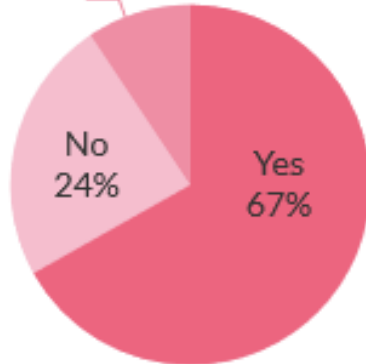
**Experienced
academic distress**

Let's talk Mental Health in Law

2017 report for McGill's Faculty of Law by Healthy Legal Minds

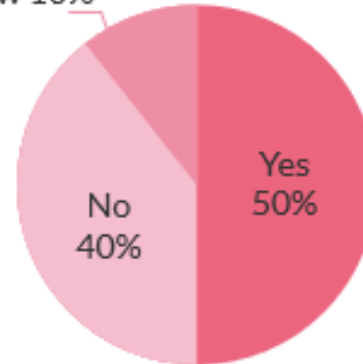
I have experienced psychological health challenges while at McGill Law.

I don't know 9%



I believe that my experience at McGill Law has affected my psychological health.

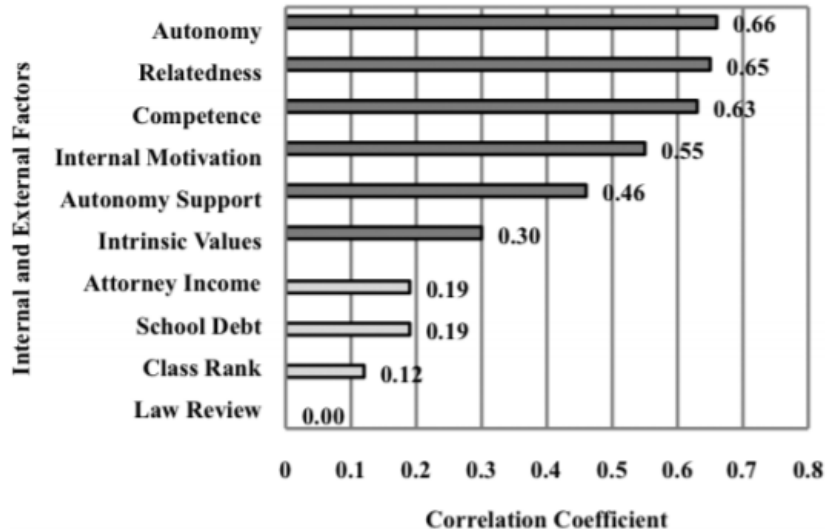
I don't know 10%



“(57.5%) of students feel like they don’t have what it takes to be in law school, and are afraid that it might eventually show that they are less intelligent than others believe.”

Let's talk **Mental Health in Law**

FIGURE 1. SUBJECTIVE WELL-BEING CORRELATES



1. Needs for autonomy, relatedness, and competence, and internal motivation
2. Autonomy-supportive supervision and intrinsic values
3. Personal life choices
4. Affluence/prestige/“success” factors

How can we apply the Self Determination Theory in your life?

Autonomy: The feeling of being the initiator of one's own actions; having a sense of agency; behaviors are self-endorsed and congruent with our selves/values. Having volition, choice, and doing things based on our own will.

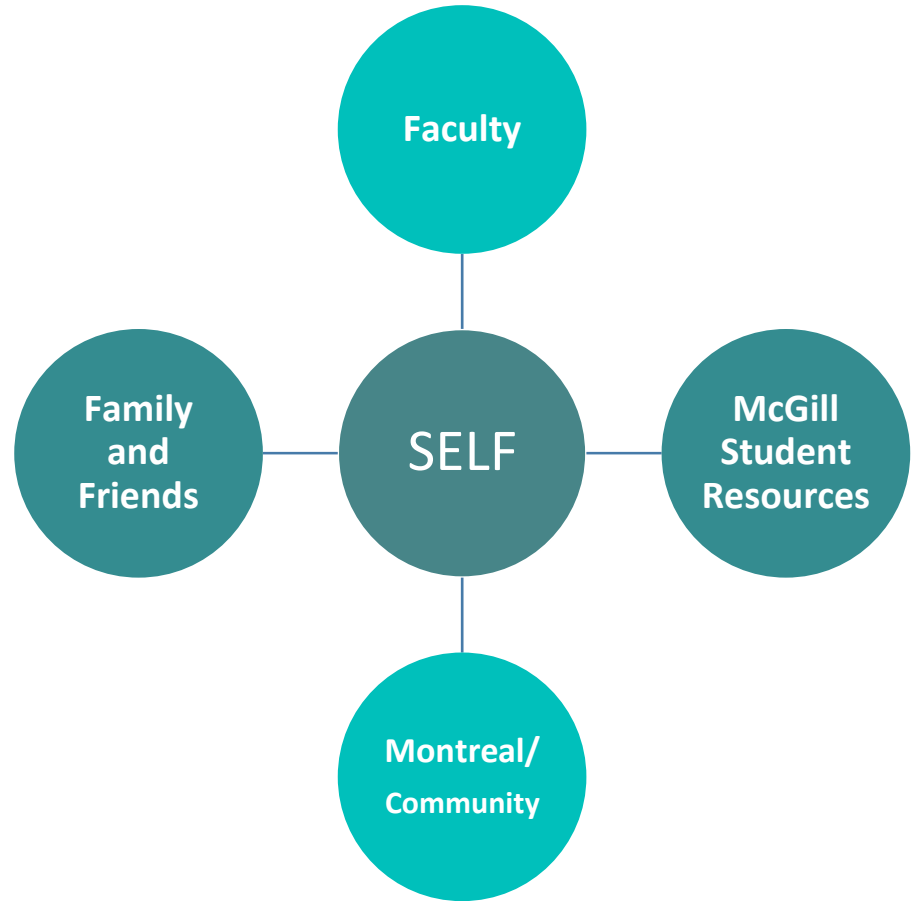
Competence: Feeling effective, having a sense of mastery, accomplishing things that are important to us.

Relatedness: Feeling cared for, feeling connected/supported/belonged.

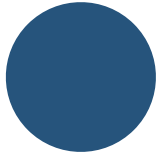
VALUES: what are your chosen beliefs that matter to you?

- Identify your values in order to live more authentically and meaningfully
- Identifying values can give you insight into how to increase Self-Determination in your life (feelings of competence, relatedness and autonomy)
- After you identify your values, make a list of concrete behaviors/activities associated with it
- Examples of values:
 - Connection, helping, learning, creativity, diplomacy, fairness, humor, integrity, perseverance, honesty, simplicity, humility, transparency, generosity, mindfulness, respect, contentment, spirituality, etc etc.

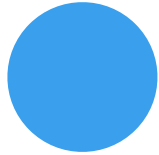
Resources



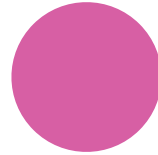
Student Services: Who We Are



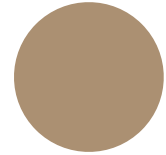
Campus Life
& Engagement



Career Planning
Service (CaPS)



First Peoples'
House



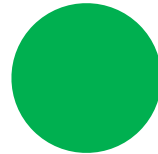
International Student
Services (ISS)



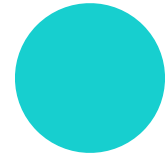
Office for
Students with
Disabilities (OSD)



Office of
Religious and
Spiritual Life (MORSL)



Scholarships
and Student Aid
(SSAO)



Student
Wellness Hub

Student Wellness Hub: A Centralized Location

Integrating the Student Health Service, Counselling Service and Psychiatric Services into **one centralized location.**

A “*one-stop shop*” service area for students with expanded capacity for physical or mental health concerns.



Local Wellness Advisors

A hub-and-spoke model, including 15 trained clinicians who work as **local wellness advisors (LWAs)**, providing accessible services to students where they live and study.



Residences
2SLGBTQ+
Arts
Engineering
Education
Law (1.5)
Mac
Music
BIPOC

Graduate & Postdoctoral Studies
International Student Services
Management
Science
Athletics (Varsity)





Local Wellness Advisors

What does an LWA do?

- Connects students to other health and wellness supports on campus
- Equips students with tools and resources for mental health
- Available for one-on-one appointments & follow-ups
- Offers wellness programming tailored to their faculty
- Works with departments on wellness awareness, prevention and early intervention





LWA one-on-ones: What are they?

You can expect:

- Wellness session consultations where tools and referrals and resources can be provided
- Confidential sessions (within limits)
- 45-50 minutes

Managing your expectations...

- Not psychotherapy
- No drop-ins
- No documentation

How to book an appointment with your LWA

1. Student Wellness Hub website ->Hub Clinical Services → Hub Clinicians → Local Wellness Advisors → Law”
2. Select time that works for you

*Please use your McGill email to communicate

*Please note that you need to take an appointment via the webform





LWA Workshops/Educational Sessions

Some offered in the past:

- Active Listening Skills
- Managing Stress in Uncertain Times
- The Science of Happiness
- Skills for Procrastination
- Managing Anxiety
- Cognitive Behavioral Therapy Skills
- Skills for Building and Maintaining Motivation
- Public Speaking Skills

What is a Local Wellness Advisor?

We hope to begin preventing students from repeating this



one centralized
location

health & wellness
promotion and outreach

Virtual Hub

local wellness
advisors

student-centered space

multiple
access points



Virtual Hub

A single, dynamic “*Virtual Hub*” to access on- and off-campus services and an extensive resource map

[**https://mcgill.ca/wellness-hub/**](https://mcgill.ca/wellness-hub/)





Student Wellness Hub

Brought to you by [McGill Student Services](#)

Quick Links ▾

Search



[Home](#) [About](#) [Urgent Care](#) [Hub Clinical Services](#) [Health Promotion](#) [Off Campus Care](#) [Faculty & Staff](#) [Contact Us](#)

Welcome to the Student Wellness Hub!

The Hub provides McGill students access to health and wellness services and programming.

Whether you want to build your wellness community, access a clinician, learn a new skill, or relax in our space, the Student Wellness Hub is here for you!



Require Urgent Care?

Call 911 or view resource list.

[More Information](#)



Accessing the Hub



All our services are **free** to full-time and part-time students who have paid their Student Services fee and are covered by insurance.

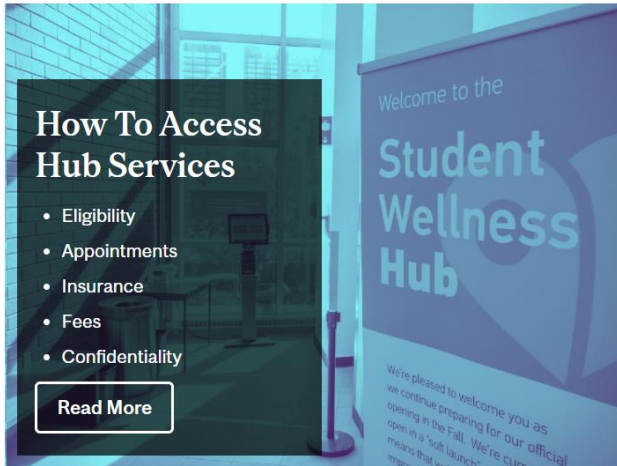
Always bring McGill ID and up-to-date insurance card



Accessing the Hub

Services are available from Nurses, Doctors, Dietitians, Counsellors, Access Advisors and Psychiatrists.

You must be physically located in Quebec for appointments.



Accessing the Hub



Contact the Hub by phone at
514-398-6017

Hours:

Monday to Friday
8h30 a.m. to 3h30 p.m

- Book future appointments
- Cancel appointments





Access Advisors

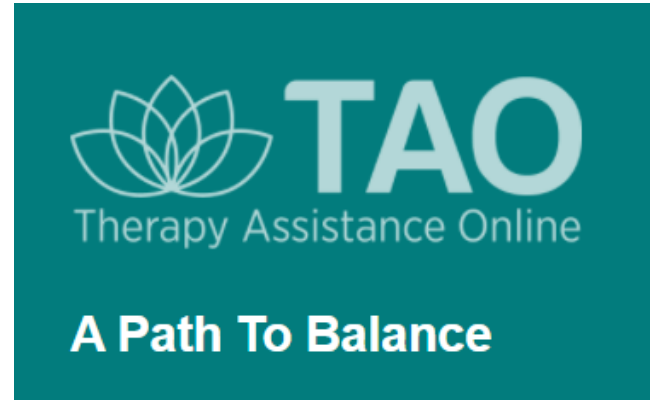
An additional Mental Health Service in the Hub

Their role:

- Help students to find the right kind of help
- Rapid Assessment
- Connection to services on campus, in the community
- Brief intervention
- This was drop-in service pre-Covid

Hub Resources

- Counsellors- students can request
 - French-speaking
 - Indigenous
 - A particular gender
 - Or one who specializes in LGBTQ+ experiences
- TAO (Therapy Assisted Online)
 - Online modules that students can complete at their own pace at their convenience
 - ACT, CBT for Anxiety, Behavioural Activation, Evaluating Alcohol & Drug Use, Interpersonal Relationships, Pain Management, Student Anxiety



Keep.meSAFE

- Ongoing short-term counselling appointments with hundreds of licensed counsellors in the City of Montreal, with minimal wait times.
- 24/7/365 immediate and unlimited access to licensed counsellors through telephone and mobile chat, even when travelling abroad.
- Mental health care in over 60 languages.
- It's FREE
- Download the MySSP app



keep.meSAFE
by **guard.me**

**Mental Wellness
Student Support Program**

DIALOGUE

- Dialogue is an online platform which allows you to virtually connect with nurses and physicians via a mobile or web app from anywhere in Canada, free of charge.
- Students covered by the SSMU Health Plan, along with their eligible spouse and/or dependent children, have access to virtual health care through the Dialogue Health mobile app.



Hub Resources- Workshops and Psychotherapy Groups offered in the past

Workshops

Exam Anxiety	Assertiveness	Achieving Wellness	Anxiety & Stress
Active Listening	Perfectionism	Public Speaking	Skills for Better Sleep
Study Skills	The Science of Happiness	Procrastination	Social Confidence
Mindfulness and Academics	Mindfulness Based Stress Management	Drop-in meditations	Building Resilience

Psychotherapy Groups

ACT for Mood & Anxiety	Emotion Regulation Therapy	Exercise for Mood & Anxiety	CPT for Survivors of Sexual Assault
CBT for Mood & Anxiety	Building a Healthy Body Image	CBT for Social Anxiety	Art Therapy for Mood & Anxiety
Living with Loss	Mindfulness-Based Group Therapy	Building Healthy Relationships	Humanistic Therapy for Social Anxiety and Isolation

Peer Programming

Peer Support Centre

- Open daily from 9 a.m. to 5 p.m. and offers active listening by trained peers who will listen to any of your concerns. | Second Floor, 3471 Peel St | 514-398-3782

McGill Law Peer2Peer

- Connect with a peer in your own faculty for support.
law.peer2peer@gmail.com

Nightline

- For anonymous calls (or chats) every night from 6 p.m. to 3 a.m., no matter what you need to talk about. 514-398-6246

Sexual Assault Centre of McGill Student's Society (SACOMSS)

- Hotline advocacy | 680 Sherbrook St. West, 1st floor | 514-398-8500 (limited hours due to Covid)

SOME WELLNESS TIPS...



Wellness Tips... Take care of your basic needs!

- Eat Healthy
- Sleep enough
- Exercise
- Drink Water
- Be mindful of drug/alcohol/coffee



Me: "drinks water"
My organs:



Wellness Tips... Take BREAKS!

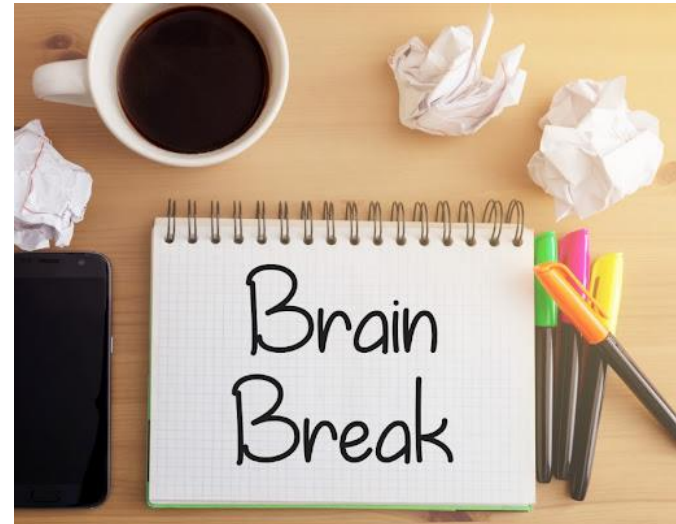
Judges are more lenient after taking a break, study finds

Prisoners are more likely to be granted parole early in the day or after a break such as lunch, according to researchers



5 Kinds of Restorative Breaks

- Micro-breaks
- Moving breaks
- Nature breaks
- Social breaks
- Mental gear-shifting breaks



Wellness Tips... Do not let the Imposter Syndrome take over!

- Remind yourself of your accomplishments
- Focus on small positive steps towards goal attainment
- Avoid comparison (really hard, I know) & increase self-compassion
- Re-adjust expectations
- You are still worthy and competent despite the “imposter” feelings
- What are YOUR strategies when dealing with self-doubt?



Wellness Tips... Watch out for burnouts & compassion fatigue

- Recognize and identify difficult emotions
- Pay attention to changes in behaviors
- Proactively cultivate positive emotions
- Focus on what's working
- What strategies do you use when you feel overworked?



Practice Mindfulness

Being aware in a way that is

- Purposeful
- In the present moment
- Non-judgmental

GROUNDING EXERCISE

NAME 3 THINGS:



YOU SEE



YOU SMELL



YOU HEAR



YOU FEEL

BREATHE IN AND OUT
SLOWLY 3x

In conclusion...

Mieux vaut prévenir que guérir

and..



It is easier to build strong children [law students] than to repair broken men [lawyers].

-Frederick Douglass



THANK YOU

Get in touch:
shrabani.debroy@mcgill.ca