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The STUdent

1. Students feel a sense of belonging at STU and have meaningful relationships with other students;
2. Students exhibit healthy exercise, sleep, and nutrition habits; and
3. Students possess basic Mental Health awareness.

Area 2:

1. Students possess effective coping skills;
2. Students exhibit and/or are open to help-seeking behavior;
3. Early Identification and Referral systems are clear and well-used.

Area 3:

1. Appropriate mental health services are available to students in a timely manner.
2. Emergency response protocols meet best practice standards.
3. Effective liaising with hospital, community and family supports.

Area 4:

1. Faculty and Staff understand mental health and their role supporting and referring students;
2. Policies and procedures meet best practice standards and are well-communicated;
3. Sufficient resources are dedicated to meet goals.

