
SUPPORTING YOUR STUDENT

WELLNESS GUIDE

A Guide to Wellness at Huron for Parents and
Supporters



huronwellness@huron.uwo.ca

Welcome to Huron!

Your student's first year of university can be a time of excitement and nerves (for them and for you!).

University is a brand new experience and we want you to know that we are here to make sure your student has the support they need. At Huron, we pride ourselves on having a culture of care where there is no wrong door in accessing support. We hope this guide will help you learn more about the resources available, both virtually and in person, to help your Huron student take care of themselves.

LEADERS *with heart*

Meet the Team!



Heidi Braaksma, MSW, RSW
Manager, Student Wellness



Sonja Radoja, MSW, RSW
Wellness Coordinator

WELLNESS

/ˈwelnəs/

noun

the state of being in good health, especially as an actively pursued goal.



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Wellness Services

Our wellness staff are here to offer support and resources. This might include:

- Individual wellness consultations and counselling
- Wellness talks and psychoeducation groups
- Activities and events
- Case management and referrals

8 Pillars of Wellness

Caring for the Whole Student

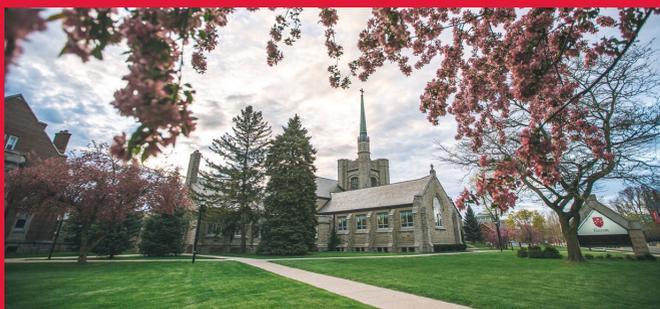
Students may experience a number of common challenges and stressors throughout the year. Huron's wellness programming aims to meet students where they are at to promote self-care and resilience.



September: Social
October: Intellectual
November: Emotional
December: Spiritual
January: Financial
February: Physical
March: Occupational
April: Environmental

For more information contact
huronwellness@huron.uwo.ca

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Huron Resources

Wellness Services

huronwellness@huron.uwo.ca
519.438.7224 ext. 866 or 716

Community Safety

sread9@huron.uwo.ca
519.438.7224 ext. 854

Student Support Services (Academic Advising)

519.438.7224 ext. 244
huronsss@uwo.ca

Financial Aid

mjparker@huron.uwo.ca
519.438.7224 ext. 215

International Student Engagement

nicole.kristoff@huron.uwo.ca
519.438.7224 ext. 888

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Urgent Support

If your student is in distress and requiring immediate, after-hours support, please contact Reach Out (24/7 support line) at 519.433.2023 or encourage them to visit the Crisis Centre at 648 Huron St.

Other Resources

Western

In addition, Huron students have access to all services available on Western's campus. Please contact Huron Wellness if you are seeking resources not shown below.

Health & Wellness Department

A medical practice with access to doctors, psychiatrists, social workers and nurses.

519.661.3030

Thames Hall

Academic Support & Engagement

Access Learning Development & Success, and Accessible Education

Visit <https://studentexperience.uwo.ca/> for more information on these resources.

Sexual Violence Prevention and Education (Wellness & Equity Education and Student Support & Case Management)

Provides counselling and support for survivors of sexual violence.

519.661.3568

support@uwo.ca

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Community

CMHA - Reach Out 24/7
519.433.2023

ANOVA (Sexual Assault Support)
24/7 Support Line and Counselling
800.265.1576

Good2Talk (24/7 Support Line for
Postsecondary students)
866.925.5454



Confidentiality

Due to privacy laws, Huron staff are unable to disclose information about your student without their permission. We encourage you to maintain continued conversation with them on how they are doing and promote their independence, agency and resourcefulness in problem solving.



Common First Year Experiences

Living Away from Home

Many students are living on their own for the first time and may be adapting to life in a different city, province or country. This is a time for them to develop independence and autonomy, and they may experience homesickness or loneliness.

Friendships and Belonging

Your student will be meeting new people and building friendships that may last a lifetime, or may not extend beyond their first month here. They will have many opportunities in the classroom, residence and across campus to find their community. At the same time, they will be missing and trying to maintain closeness with friends from home.

Academic Pressures

Some students may find the academic transition to university to be challenging. They have additional flexibility in their schedules and learning may look different than in high school.

Values and Identity Formation

This is a time of self-exploration. Through their education, social circles and new independence, your student will continue to form values, interests, and strengths that we know will help them to succeed and create their own unique experience at Huron as a Leader with Heart.

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How to Support

Recognize signs of mental health concerns

It is normal for students to feel stress and anxiety at university and common for students to require additional support. Some signs that your student may be experiencing some mental health challenges are:

- Sudden disinterest or disengagement from academics
- Patterns of perfectionism that lead to distress
- Excessive fatigue or poor sleep hygiene
- Statements of distress or expressing intent to self harm
- Sudden social withdrawal
- Difficulty controlling emotions

Listen, validate, and support

Let your student know it is normal to feel stress and feel challenged. Let them know you are there to listen and support them without jumping to advice-giving and problem-solving.

Encourage balance and self-care

It is easy for students to place emphasis on their academics and let go of other activities or time that they used to find enjoyment or benefit in.

Encourage them to keep up with hobbies or join clubs that they have interest in, as well as prioritize down time.

How to Support

Celebrate progress over perfection

Part of the process of transitioning to university is in learning how to learn in a different way. This can take time. Recognize their hard work and effort even if it did not result in the outcome they (or you) may have hoped for.

Stay in touch

They will miss you more than they might admit, and will appreciate a familiar voice or face. Schedule regular calls and send them a text to let them know you are thinking of them. Ask them about life outside of their academics... you might hear a great story!

Recommend resources you have learned about

Point them in the direction of people who are there to support them. Ultimately, they will decide if and when to ask for help, and you will have provided them with the information to make an informed choice.



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