

MINDING THEIR MINDS

*SUPPORTING STUDENTS' MENTAL HEALTH
FROM INSIDE THEIR PROGRAMS & COURSES*

LIGHTNING TALK
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OOKPIK Services Inc.

HELPING OTHERS ACHIEVE THEIR DREAMS

THE PROBLEM

First responders face trauma every day. Over time, this can severely impact their mental well-being.



THE CHALLENGE

Simon Fraser University in collaboration with the Tema Center Memorial Trust (now The Tema Foundation) developed a unique-in-the-world program.



THE SOLUTION

Implementing a two-tiered mental health support structure within the program is believed to be the first such application of this service globally.

Your mental
health should
be a **priority**

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THE RESULTS

It's OK not to be OK.

When students have the supports they need, they are more likely to be successful in academics and in life.



WHAT'S NEXT?

EdD program research at the intersection of instructional design and supporting students' mental health.

Ask me about this!



THANK YOU

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