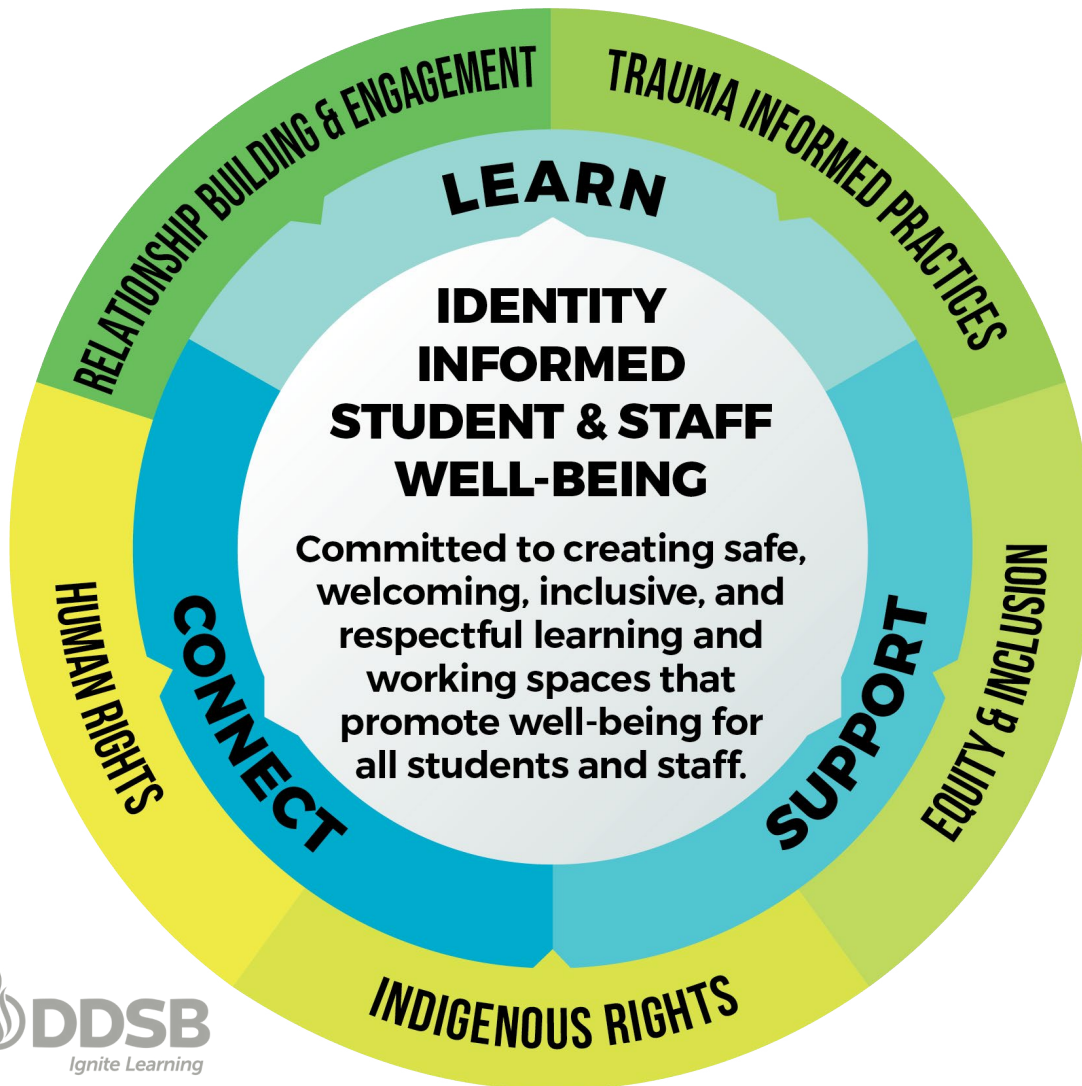


# Learn

# Support

# Connect

We believe it is important to **learn** how we can support the everyday mental health and well-being of students and staff. We commit to provide for our students and staff inclusive, identity affirming, and culturally relevant **supports** as needed. We strive to **connect** all students and staff to, from, and through the pathways for those supports.



## LEARN TO UNDERSTAND

1. Mental health literacy
2. Everyday conditions that support mental health and well-being

## SUPPORT TO STRENGTHEN

1. Focused staff skills building for student support
2. Mental health supports and services

## CONNECT TO PATHWAYS

1. Strong pathways to, from and through mental health supports

WELL-BEING  
EVERYONE  
EVERY DAY

Mental Health  
and Well-Being

Action Plan 2022-2025