



Mental Health & Wellness Annual Report 2025

Introduction

Algoma University is committed to supporting student mental health and wellbeing through accessible, student-centred, and trauma-informed approaches. This report outlines mental health initiatives, service coordination, training, and collaborative efforts undertaken throughout the 2025 calendar year.

The activities described reflect a balanced focus on prevention, early intervention, externally delivered clinical support, and institutional capacity building, and demonstrate progress toward improving access, responsiveness, and sustainability of mental health services for students.

Program Overview

Mental health supports in 2025 were delivered through a coordinated model that included:

- Externally delivered clinical mental health services through a community partnership
- Peer-based mental health promotion
- Psychoeducation and awareness activities
- Collaboration with community mental health partners
- Ongoing monitoring of service demand and student feedback

These activities align with Ministry priorities related to student access to care, service continuity, collaboration, and system sustainability.

Mental Health Initiatives & Programming

Throughout 2025, the Wellness Team coordinated and delivered mental health programming across campuses, responding to student needs across the academic cycle while maintaining continuity during lower-demand periods.

Key Initiatives

- Development and implementation of our new [Student Mental Health Policy](#)
- Ongoing delivery of Wellness events including annual Mind over Winter, Week of Wellness and Wind Down with Wellness that promote well-being, reduce stigma and foster a culture of openness around mental health
- Development and launch of Wellness HUBs in Brampton and Sault Ste. Marie





- Ongoing delivery of individual psychotherapy services to students through the University's partnership with CMHA Cochrane-Timiskaming (CMHA-CT), funded until March 31, 2026
- Psychoeducational workshops addressing stress, coping, resilience, and help-seeking
- Development and implementation of AU Connect: Peer Mentorship and Support Program focused on wellbeing and connection
- Delivery of suicide prevention and mental health literacy training
- Completion and dissemination of the [Student Wellness & Safety Guide](#)

Chronological Overview of Activities (2025)

January – March 2025

- Continued access to psychotherapy services through CMHA-CT
- Peer mentor recruitment and training
- Psychoeducational workshops and wellness outreach
- Monitoring student demand and service utilization

April – June 2025

- Adjustment of programming and service coordination during lower-demand periods
- Continued access to psychotherapy services through CMHA-CT
- Planning for sustainability and capacity building initiatives
- Professional development and train-the-trainer activities

July – September 2025

- Maintenance of access to mental health services during summer months through CMHA-CT
- Training of student peers for mental wellbeing outreach
- Completion and printing of the Student Wellness & Safety Guide for Fall Orientation
- Wellness HUBs launch in Brampton and Sault Ste. Marie

October – December 2025

- Full resumption of mental health programming with the start of the Fall semester
- Dissemination of psychoeducational resources to new student intakes
- Delivery of training refreshes and professional development
- Ongoing monitoring of service effectiveness and student feedback

Mental Health Services & Supports





Clinical mental health services for students were provided exclusively through Algoma University's partnership with CMHA Cochrane–Timiskaming, while the Wellness Team played a coordination, referral, case management, crisis response, and system-navigation role to support student access.

Services Provided

- Individual psychotherapy (ongoing and short-term)
- Mental health intake and clinical assessment
- Psychoeducation and skills-based support
- Group-based therapeutic offerings
- Risk assessment and safety planning
- Referral and care coordination with internal and external supports

Peer Mentorship Program

The AU Connect: Peer Mentorship and Support Program was successfully launched in 2025, supporting student connection and mental wellbeing.

- Student mentors were recruited and trained across campuses
- Peer mentor training was delivered in person to enhance engagement and understanding
- Mentors contributed to mental health awareness initiatives and resource promotion
- Recruitment of mentees commenced, with the matching process scheduled to begin in the Winter 2026 semester

This initiative supports Ministry objectives related to peer-led mental health promotion and early intervention.

Awareness, Education & Resources

- Completion and distribution of the Student Wellness & Safety Guide during Fall Orientation
- Delivery of psychoeducational workshops and outreach initiatives
- Distribution of wellness and harm reduction resources
- Ongoing promotion of mental health supports and help-seeking pathways





Performance Measures

Metric	Sub-Category	Number of Students	Number of Employees
Connection to Wellness team	<i>Captures all student touchpoints, including Early Alert submissions involving mental health concerns, scheduled appointments with Wellness Coordinators, wellness checks, initial outreach, and facilitated connections to appropriate services.</i>	247 (Unique Students)	
Connection with counselling	CMHA-CT	27	
	GuardMe Student Support Program	244	
	TalkCampus	20	
Attending training	<i>Mental Health First Aid (2 offered)</i>	8	14
	<i>safeTALK (12 offered)</i>	72	23
	<i>Applied Suicide Intervention Skills Training (2 offered)</i>	0	39
Psychoeducational Groups	<i>Groups on coping with academic/career pressures, cultural identity, resilience and discrimination, international student adjustment and mental health and addiction.</i>	217	
Wellness workshops/Events	<i>Workshops and events promoting mental health, self-care, stress management and community connection.</i>	1987	
Peer-led initiatives	<i>AU Connect: Peer Mentorship and Support Program</i>	11	

Mental Health Service Model & Capacity Considerations

Algoma University does not currently deliver internal clinical counselling or psychotherapy services. Clinical mental health supports for students are provided exclusively through the University's partnership with CMHA Cochrane–Timiskaming (CMHA-CT), funded through a time-limited external agreement that concludes on March 31, 2026.





Through this partnership, students have been able to access psychotherapy and specialized mental health care that the University is not presently resourced to provide internally. Student utilization and ongoing demand for these services remain high, underscoring the essential role this partnership plays in the current mental health support system.

As the external funding period approaches its conclusion, the University faces a significant service continuity risk if internal clinical capacity is not established. Without dedicated, in-house psychotherapists or counsellors, the University will be unable to meet ongoing student demand for timely therapeutic mental health support beyond March 31, 2026.

Identified Gap & Strategic Priority

Based on service utilization trends, student feedback, and increasing complexity of presenting concerns, the need for embedded clinical mental health professionals has become increasingly evident. Establishing internal counselling and psychotherapy capacity would:

- Support continuity of care beyond the external funding period
- Reduce reliance on time-limited partnerships for core mental health services
- Improve access and responsiveness to students experiencing moderate to high levels of distress
- Align Algoma University with sector standards for postsecondary mental health services

Securing funding for the hiring of psychotherapists and/or counsellors is therefore identified as a critical strategic priority to ensure sustainability, mitigate service disruption, and meet the demonstrated mental health needs of students.

Looking Ahead: Sustainability & Planning

In anticipation of the March 31, 2026 funding conclusion, Algoma University is actively exploring options to strengthen internal clinical capacity while continuing collaborative approaches where appropriate. Planning efforts include reviewing staffing models, funding opportunities, and long-term service structures to ensure students continue to have access to timely, high-quality mental health supports.

