

# TRU WELLNESS CENTRE

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## ACKNOWLEDGING TERRITORY

*Thompson Rivers University campuses are located on the traditional lands of the Tk'emlúps te Secwépemc (Kamloops campus) and the T'exelc (Williams Lake campus) within Secwépemc'ulucw, the traditional and unceded territory of the Secwépemc. The region TRU serves also extends into the territories of the St'át'imc, Nlaka'pamux, Tâsilhqot'in, Nuxalk, and Dakelh, and Métis communities within these territories. The Wellness Centre has made it a priority to learn more about Indigenous and other cultural wellness practices in order to provide appropriate care and support to all people who access our services.*

# TRU WELLNESS CENTRE MISSION STATEMENT

The TRU Wellness Centre promotes the physical, emotional, social, spiritual, intellectual, and occupational well-being of students and employees by providing a comprehensive package of health education and promotion activities, services, and programs.

# WHAT WE DO

- One-to-one health consultations
- Small-group health education sessions
- Campus-wide initiatives
- Student Practicum Placements/Project Work
- Student Wellness Ambassador Team
- Health and wellness research
- Take Home Naloxone Site Coordinator
- Wellness Advocacy (front-line to policy level)

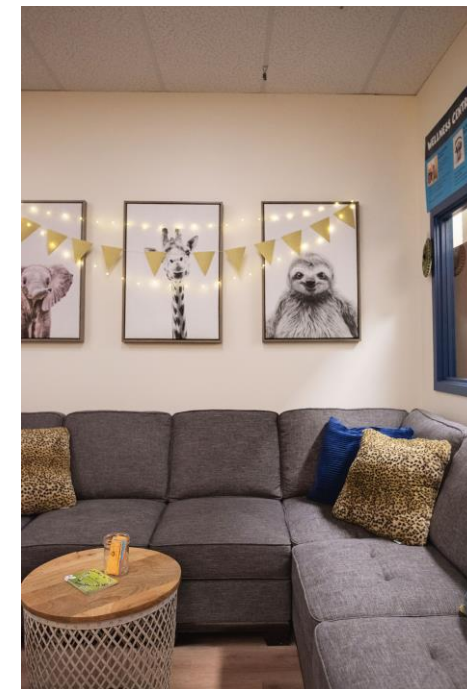


## BY THE NUMBERS

- Last year the Wellness Centre made approximately 11,992 contacts with people on campus!
  - 6233 drop-ins to the Wellness Centre Space
  - 371 people attended workshops
  - 5388 people attended campus-wide wellness events
- Feedback from our Happy or Not Kiosk from Jan-March 2020 showed that 92% of people were happy with their centre experience. This was due to 1) a welcoming atmosphere (38.4%), 2) ability to relax (28.9%), 3) free tea/condoms (12.5%), 4) I feel like I belong (9.2%), 5) helpful support offered (5.5%), and 6) something else (5.5%).



# THE COOL STUFF



# FALL 2020

- Wellness Centre physical space will not be open this fall
- We will be 100% virtual:
  - Live Chat with our SWAT Leaders (hours will most likely be 9 am – 6pm)
  - Daily Coffee Talks with SWAT Leaders (and hopefully guests)
  - Weekly mindfulness sessions, Wellness in Your House, and Therapy Dog Thursdays
  - Closed group programs – YMind in collab with counselling
  - Other special events – i.e. Consent Tea and Movies for Mental Health
  - Currently investigating virtual fitness classes with HR and Recreation



## RESOURCES FOR FACULTY

- You have an integral role in supporting student health and well-being
  - SFU's Well-being in Learning Environments - <https://www.sfu.ca/healthycampuscommunity/learningenvironments.html>
  - Here2Talk – free, 24/7 provincial resource for all post-secondary students in BC
  - Here to Help - Mental Health and Substance use - <https://www.heretohelp.bc.ca/>
  - Mental Health Self-Screening - <https://www.heretohelp.bc.ca/screeningself-tests>
  - Wellness Centre and other health and wellness resources on campus [www.tru.ca/wellness](http://www.tru.ca/wellness)
  - Follow us on social media (FB & IG) @truwellnesscentre



# Questions?

