

**HEALTHY
MINDS**

**HEALTHY
CAMPUSES**

creating connections. inspiring change.

healthycampuses.ca

What is Healthy Minds | Healthy Campuses?

Healthy Minds | Healthy Campuses (HM|HC) is a vibrant, province-wide Community of Practice that supports and engages a diverse group of campus community members from across British Columbia and beyond. We believe that well-being is everyone's business, so our community includes students, faculty, campus professionals, administrators, governments, researchers, community members and more. All community members share the common goal of promoting campus mental health and healthier relationships with substances.



What Do We Do?

HM|HC facilitates creative and collaborative learning opportunities to build capacity on post-secondary campuses. We value local wisdom in combination with evidence-based practices and encourage innovation across the full matrix of action and research. HM|HC hosts a variety of in-person and virtual learning events throughout the year including webinars, teleconference consultations, workshops, networking opportunities and our annual Summit.

When you join our community you gain access to a network of people from across the province and beyond!

Community

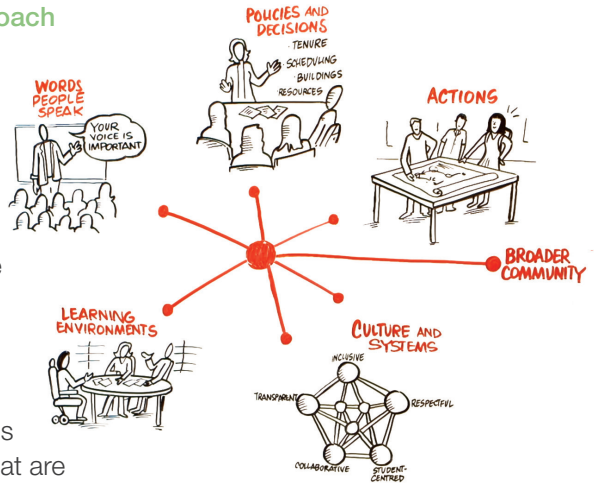


CONNECT. DISCOVER. INSPIRE. CO-CREATE.
Join at community.healthycampuses.ca

A Whole Campus Approach

There are opportunities to be innovative and strategic in designing healthy campus communities where all students can learn and thrive. More can be done than just addressing individual students.

Students are profoundly impacted by their campus community: the words that are spoken, the policies and decisions that are made, the actions that are taken, the organizational culture and systems that are created, and the learning environments that are sustained. Student experiences and the broader community all connect. Campus life is complex, but in complex systems even small changes can have big effects.



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Canadian Mental Health Association
British Columbia
Mental health for all



University of Victoria

Canadian Institute for Substance Use Research