

Ask Dr. Dobson: Mental Health & Well-Being Q&A



Presenter: Keith Dobson, PhD
Moderator: Andrew Szeto, PhD

Hosted by the Campus Mental Health Strategy and Faculty of Arts

Wednesday, January 24, 2024



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CALGARY

The University of Calgary, located in the heart of Southern Alberta, both acknowledges and pays tribute to the traditional territories of the peoples of Treaty 7, which include the Blackfoot Confederacy (comprised of the Siksika, the Piikani, and the Kainai First Nations), the Tsuut'ina First Nation, and the Stoney Nakoda (including Chiniki, Bearspaw, and Goodstoney First Nations). The City of Calgary is also home to the Métis Nation of Alberta (Districts 5 and 6).



Welcome

- Moderator: Andrew Szeto, PhD, director, UCalgary Campus Mental Health Strategy
- Submit questions through the Q&A feature; we'll answer as many as possible, plus the questions that have been submitted in advance
- A recording and the slides will be made available after the webinar

UCalgary's commitment to mental health and well-being

- The University of Calgary has a robust and well-developed Campus Mental Health Strategy: ucalgary.ca/mentalhealth
- Currently in the renewal process
 - New strategy is based on community consultations and engagements, evaluation, data points
 - Feedback on draft “Community Well-being Strategy” is being reviewed
 - Launch Summer/Fall 2024
- “Community Well-being Strategy” is focused on
 - holistic approach to well-being
 - “upstream” focus
 - supportive academic and workplace culture

Dr. Keith Dobson, PhD



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- Faculty Professor Emeritus of Clinical Psychology
 - Senior Consultant, Mental Health Commission of Canada
 - Research interests include models of depression and psychopathology, cognitive behaviour therapy, and stigma related to mental illness.
 - ksdobson@ucalgary.ca

Critical ideas related to mental health

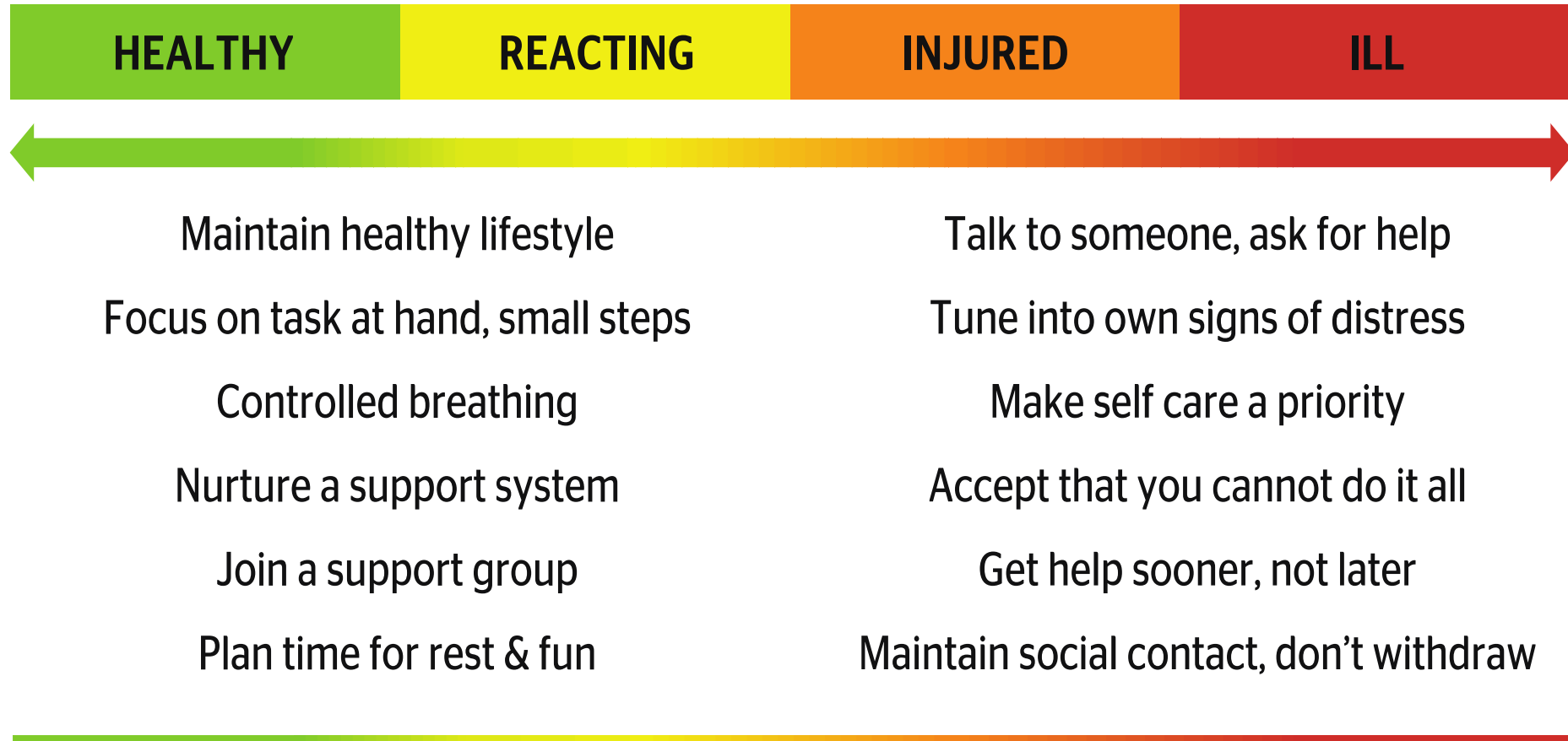
- We are all managing in a complex and dynamic world. Generally, our health will be better when we face fewer challenges and worse when we face stressors, illness, or traumatic events.
- There is no single cause for either health or illness. The optimal model is one that incorporates the broadest possible definition of biological, psychological and social factors.
- Models of mental disorders tend to focus on risk, and factors that are associated with an increase in problems. We can also focus on resilience, and factors that reduce or mitigate mental health problems.
- Just as there is no single cause for disorders, there is often no single “best” treatment or coping strategy. Evidence-based strategies are recommended.
- It is important to have compassion for yourself and for others.



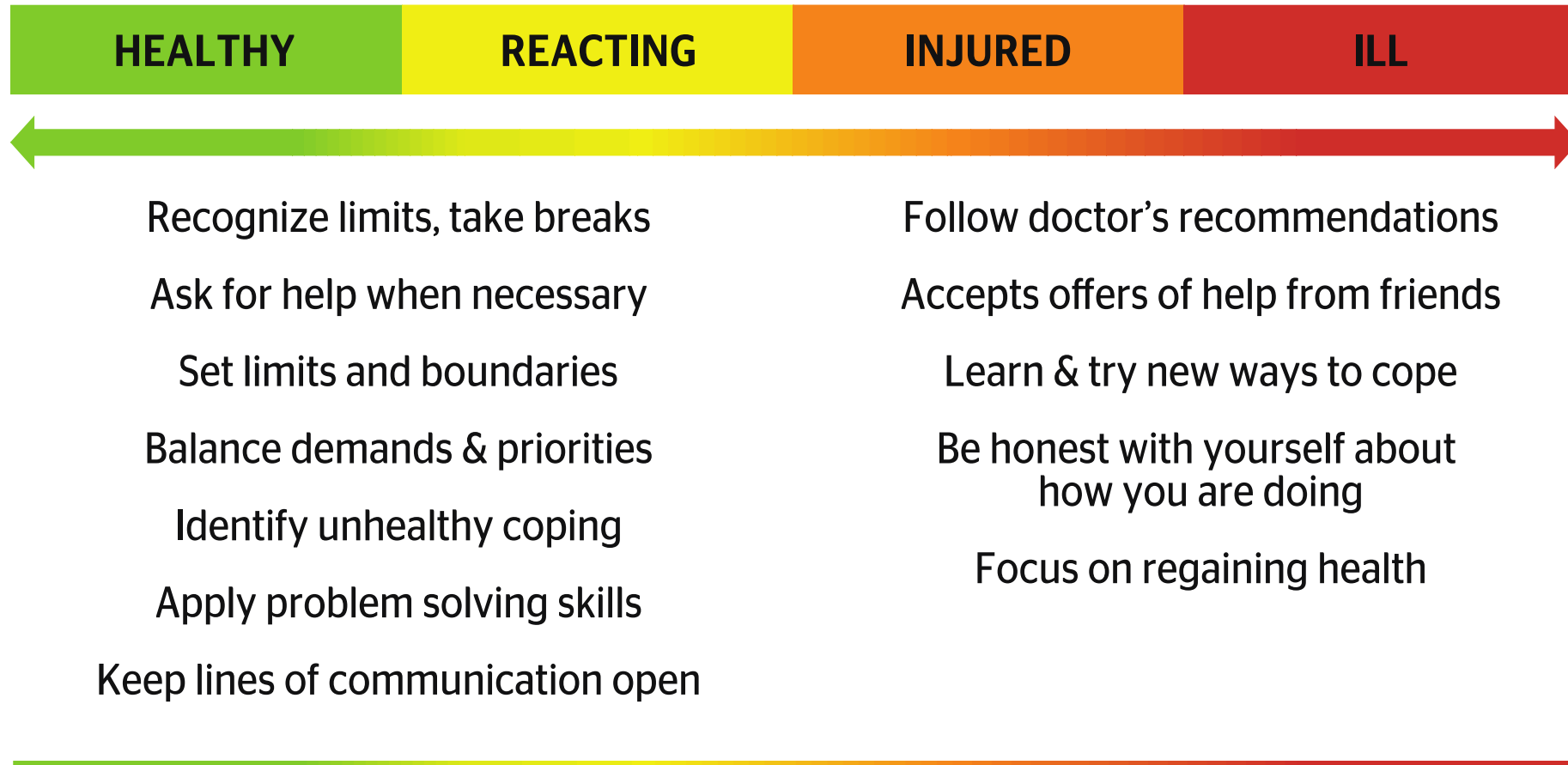
The Working Mind – Mental Health Continuum Model

HEALTHY	REACTING	INJURED	ILL
Normal fluctuations in mood	Nervousness, irritability, sadness	Anxiety, anger, pervasive sadness, hopelessness	Excessive anxiety, easily enraged, depressed
Normal sleep patterns	Trouble sleeping	Restless or disturbed sleep	Unable to fall or stay asleep or sleeping too much
Physically well, full of energy	Tired/low energy, muscle tension, headaches	Fatigue, aches and pains	Exhaustion, physical illness
Consistent performance	Procrastination	Decreased performance	Unable to perform duties
Socially active	Decreased social activity	Social avoidance or withdrawal	Isolation, avoiding social events
No trouble/impact due to substance use	Limited to some trouble/impact due to substance use	Increased trouble/impact due to substance use	Dependence
			Suicidal thoughts and/or intentions

Coping strategies



Coping strategies



Support for students

- [Student Wellness Services](#) provides a broad range of support including counselling, support advising, peer navigation, workshops and more.
- Looking to help others or establish your own effective strategies to maintain positive mental health? Register for a [workshop](#) or a [training](#) through [Student Wellness Services](#).
- Concerned about another student? E-mail the Student at Risk team at sar@ucalgary.ca. Learn more about responding to distress [here](#).
- **For more mental health supports and resources visit:**
[**ucalgary.ca/mentalhealth/get-support**](https://ucalgary.ca/mentalhealth/get-support)

Support for faculty, staff and postdocs

- UCalgary's [mental health consultant](#) offers a broad range of support and can connect you with mental health resources on and off campus. For benefit-eligible faculty and staff, as well as all postdocs, the [Employee and Family Assistance Plan](#) is available.
- UCalgary faculty and staff have access to mental health [trainings](#) at no cost. Take a scheduled [The Working Mind](#) training or have a UCalgary facilitator offer it at your next development day.
- **For more mental health supports and resources visit:**
www.ucalgary.ca/mentalhealth/get-support

Local and national crisis and distress resources available to all

- For local 24/7 mental health support, call [Distress Centre](#) at 403-266-4357 to speak with a highly trained volunteer who can connect you to further resources.
- For Canadians aged 5-29, [Kids Help Phone](#) operators are professional counsellors, call 1-800-668-6868 to access or text CONNECT to 686868. To access the support you need in the country you reside in, visit the [Child Helpline International website](#).
- [Alberta Mental Health Help Line](#) is a confidential 24/7 service that provides support, information and referrals to Albertans experiencing mental health concerns. Call 1-877-303-2642 (toll free) to access.
- [Wood's Homes Community Support](#) has call and text services, visit [their website](#) for more information for how to connect to a trainee counsellor or social worker.
- If you are having thoughts of suicide, call or text [9-8-8](#), where you will be connected with responder who will listen to you, support you, and keep you safe.
- For Indigenous peoples, [Hope for Wellness Helpline](#) is operated 24/7 by experienced and culturally sensitive counsellors. Call 1-855-242-3310 to be connected or [chat online](#).
- **For this list and other resources, including substance use and addiction, sexual or gender-based violence, visit:**
www.ucalgary.ca/mentalhealth/get-support

Additional community resources

- **Wellness Together Canada** offers support for mental health and/or substance use. Connect with a trained counsellor, free of charge. For adult phone counselling call 1-866-585-0445. For youth counselling, supported through Kids Help Phone, call 1-888-668-6810. If you're unsure of what you need, call 1-866-585-0445 to reach a program navigator.
- **Community Connect YYC** connects Calgary's communities with affordable and barrier-free access to in-person, phone or video counselling sessions. **Learn more.**
- **For this list and other resources, including substance use and addiction, sexual or gender-based violence, visit:**
www.ucalgary.ca/mentalhealth/get-support

Questions



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Thank you

Find more supports, resources and education:
ucalgary.ca/mentalhealth



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