

HEALTH PROMOTION PROGRAMS TEAMS OFFERINGS

WORKSHOP/TRAINING	5 Ways to Wellbeing	Actionable items to enhance wellbeing and resilience
	Health & Wellness Overview	Introduction to Health & Wellness Dept.
	Identify, Assist, Refer	Supporting peers with mental health challenges
	Identify, Assist, Refer (Plus!)	Tailored training for student leaders
	Staying Mentally Healthy during COVID-19	Interactive workshop with tips
	Mental Health Roadmap	Navigating resources on-/off-campus
	safeTALK	Suicide prevention training (in-person only)
	ASIST	Suicide intervention training (in-person only)
PROGRAM	Community Support Group	theme-based, peer-to-peer
	HealthyU Crew	Work Study positions – recruiting soon!
	Holistic Well-Being CoP	Tri-campus group for healthier campus
	Student Focus Group	Student feedback for healthier campus
TO COME!	Peer Support Program	Peer-support group by MSW student
	60lb Head Challenge	7-day challenge on reducing screen time
	LivingWorks START	Online suicide prevention training

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