

# Mental Health

## Annual Report

2025 - 2026



**Cambrian  
College**

## Report Item #1

### Counselling Supports

1. *From January 1, 2025, to December 31, 2025, Cambrian College's - Glenn Crombie Centre for Accessibility, Counselling and Wellness (GCC) indicates that supports, services, and accommodations relating to mental health were requested and obtained by 1,085 students.*

*Of those 1,085 students, 442 students accessed Counselling services either in-person or virtually for various mental health related issues.*

*In 63 instances, the student was in crisis, with 15 students presenting themselves in crisis more than once.*

## Report Item #2

### Wellness Ambassadors

1. *From January 1, 2025, to December 31, 2025, Cambrian College provided training and resources for five Wellness Ambassadors who provide supports to students through initiatives, events and drop-in opportunities. There were also 6 placement students in the GCC that served as Ambassador Leads for activities and initiatives. These students were from various programs including Developmental Service Worker, Fitness and Promotion, as well Social Service Worker and Social Service Worker Indigenous Specialization. Additionally, 45 student volunteers supported various wellness events on campus.*

#### **Some initiatives/events included:**

- *The creation and distribution of a Student Wellness Handbook and handouts noting Cambrian's 8 pillars of Wellness, time management tips and a student budget template. These documents were handed out at our Orientation and Services Fairs in January, May, and September.*
- *Kindness Tear and Share posters around campus encouraging acts of connection, kindness and gratitude among students.*
- *The offering of social activities aimed at reducing isolation by building connections with other students, promoting positive coping skills and*

healthy conversation either through games, activities, workshops and mindfulness. These included:

- Red Couch Campaign where student could stop and causally chat with a counsellor during Mental Health Week. Other activities included Bell Let's Talk Day activities to promote physical wellness with our varsity athletes.
- Valentine's Day Self Care and Compassion event – February 14.
- October 7-14<sup>th</sup> –Thanksgiving gratitude activity - Thankful Leaves
- November 5 – International Stress Awareness Day was highlighted by partnering with the Magical Paws Pet therapy program where students could drop in and visit with a variety of dogs.
- To celebrate World Kindness Day on November 13, the wellness ambassadors hosted a kindness card making session in the Wellness Cove.
- November 14 – Talk Campus Info Booth to promote the program and share information about the app and the resources available 24 hours per day, 7 days a week in various languages.
- December 4-12<sup>th</sup> Holiday Card Drive where students filled out holiday cards that were distributed to Long Term Care Homes in the Sudbury area.
- Monday Morning Mindfulness: guided meditation and an opportunity to practice mindfulness throughout the Fall semester.
- Movies nights, craft drop-ins, bracelet making, paint evenings, and many more events hosted in the Women's Resource Centre and in the KPMG Pride Centre
- Wellness Fairs (January, July and November) were hosted throughout the year. Vendors included Bell Let's Talk booth, SereniTEA House, Rob Sacchetto, Valixya, Chris's 3D Prints, Shkagamik-Kwe Health Centre and other College Wellness support services. These fairs promoted internal and external resources about Mental Health and helped to reduce the stigma by providing a space for students to talk about their struggles with their peers.

## Report Item #3

### Services and Student Supports

1. *The following is a list of services/supports available at Cambrian College.*
  - Glenn Crombie Centre for Accessibility, Counselling and Wellness – offers confidential short-term on campus counselling support services.
  - Greater partnership with Shkagamik-Kwe Health Centre where Indigenous students are referred for culturally appropriate Mental Health services.
  - Students have access to safe spaces on campus including the Wellness Cove, the Zen Den, the KPMG Pride Centre, the Women’s Resource Centre, and the Spiritual Centre.
  - Online support – WeConnect – provides 24/7 services for victims/students with a mix of therapy, virtual doctor visits, lifestyle counselling, courses, tools, and events to improve mental and physical health.
  - Online support – Talk Campus – provides real-time 24/7 mental health and wellness services in 25 languages. This app is supported by a specially training community to offer non-emergency mental health and wellness supports to our students, peer-to-peer.
  - Residence offers activities to students that support their Mental Health. These include social events, food markets, activities about consent, and initiatives to help students connect with each other.
  - Creation of a Mental Health Policy for students.

## Report Item #4

### Student Feedback on Mental Health and Wellness Services

1. *Student feedback was captured this year in our Fall Student Supports and Services Survey which was open from October 28 – November 4, 2025.*

The following are some of the highlights from the results and feedback received.

#### **a. Awareness and Utilization Gaps**

*70% of students are aware of Counselling and Wellness Services available at the Glenn Crombie Centre. Some barriers to access include uncertainty*

*about how to access services, lack of perceived need, and scheduling conflicts. Comments also highlight anxiety, difficulty seeking help, and challenges for distance learners who need online options.*

*New awareness campaigns will focus on various Mental Health topics including anxiety, stress, home sickness, and conflict resolution.*