

# Classroom slides for Faculty members, TAs and TFs



Health and wellness is essential to our students' academic and personal success. The university remains committed to strengthening the supportive aspects of our living and learning environments.

The following slides have been developed by HCDS staff and are designed to promote awareness of healthy behaviors and provide information about on-campus resources.

Instructors are encouraged to rotate these slides regularly on the front-of-room screen at the beginning of each class, throughout the academic year. This will provide students with an opportunity to read the slide as they wait. Speaking notes are included on the "notes" section of each slide, as well as the months when you may wish to promote each slide.

If you have any questions about the slides, or if you are ever concerned about a student, please contact Counselling Services at ext. 78264 and ask to speak to a counsellor. In addition, we currently have outreach counsellors in the Faculties of Education, Engineering and Applied Science, as well as the School of Graduate Studies and Queen's School of Business. Faculty members and TAs in those faculties/schools are welcome to contact the outreach counsellor directly for advice. You may also refer to the "[green folder](#)" resource that was developed to help identify and respond to students in distress.

# How do I stay healthy?



Queen's  
UNIVERSITY

Be active at  
least **150**  
minutes a week



Sleep **7-9** hours a  
night

Access academic  
help at SASS in  
Stauffer

Get involved in  
activities you like  
to do

Laugh!

Talk to someone if  
you are feeling  
overwhelmed

Drop by:  
**PSC**  
or  
**HCDS**

Eat fruits and  
veggies every day



# Where to go if you need help



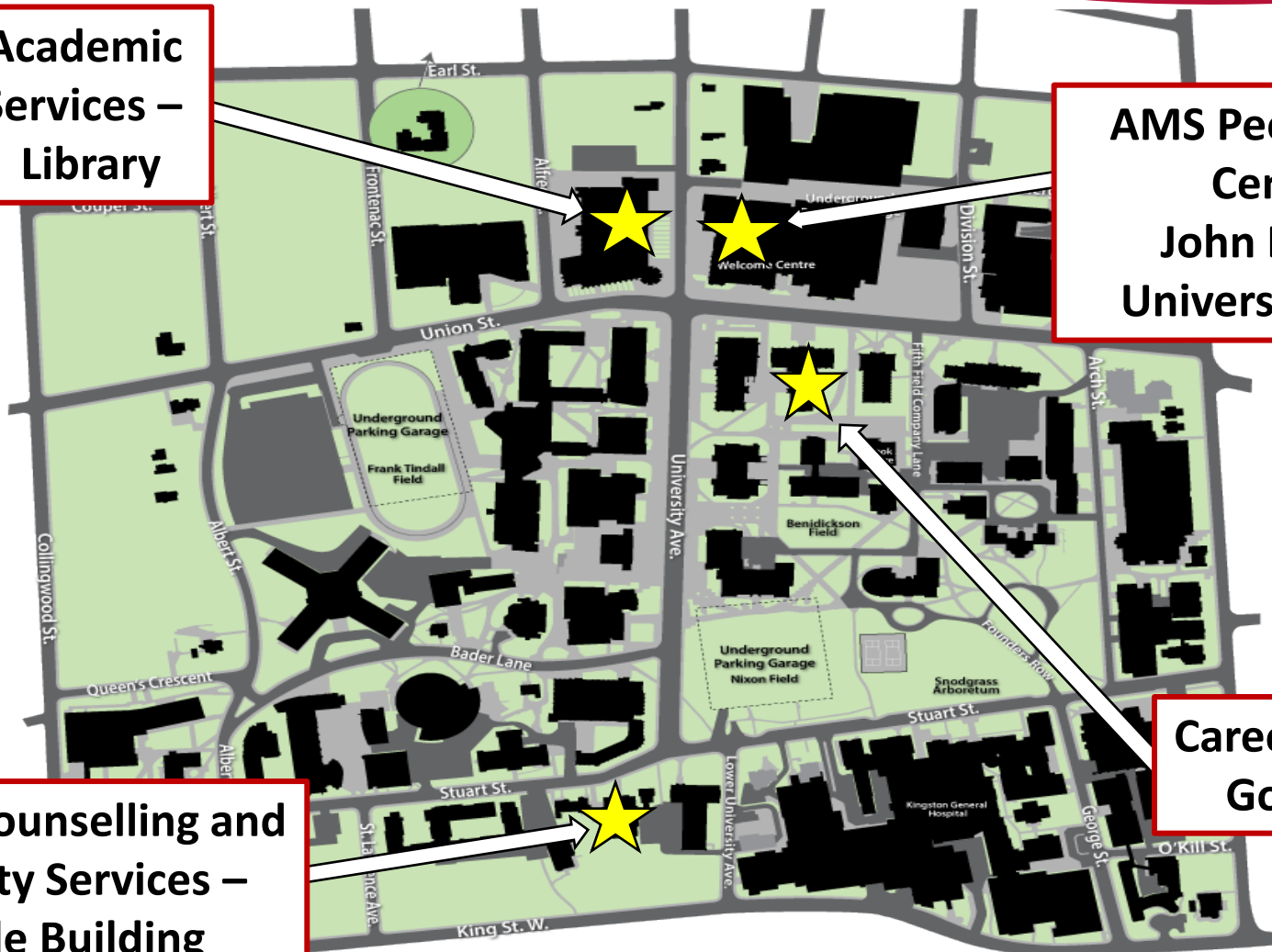
Queen's  
UNIVERSITY

**Student Academic  
Success Services –  
Stauffer Library**

**AMS Peer Support  
Centre –  
John Deutsch  
University Centre**

**Career Services –  
Gordon Hall**

**Health, Counselling and  
Disability Services –  
LaSalle Building**





They are sleeping way too much or too little

They stop hanging out with friends and doing things you know they like

They are having trouble making decisions or concentrating

## Does your friend need help?

They express feeling hopeless, helpless, sad, and/or anxious

Their weight changes dramatically (gain or loss)

They stop going to class or handing in assignments

Approach, Listen, Support, Refer them to HCDS