Student Mental Well-being

Bre Traynor, Assistant Director of Mental Health Outreach
Jayne Fraley-Burgett, Director of Disability Services for Students
1 in 3 Western Michigan students have been diagnosed with a mental illness during their lifetime.
Gatekeeper Training

WESTERN CARES

- 797 students, 166 staff/faculty trained
- Residence Life, Lee Honors College, Student Rec Center, OFD Teaching Inclusivity, FYE Classes, New Faculty Orientation, etc.
- After taking the training, 97.04% Strongly Agree or Agree that they felt more confident in helping someone in distress get help

MENTAL HEALTH FIRST AID

- Internationally recognized, 8-hour training
- 171 trained faculty, staff, & students
Additional Outreach

**OTHER WORKSHOPS**

- Mental health and academics, time-management, stress management, self-care, mattering, resiliency
- **973** total participants

**CAMPUS-WIDE EDUCATION**

- More to come
  - Tabling
  - Mental Health Awareness Week
  - Online education

**TOTAL PARTICIPANTS IN ANY MENTAL HEALTH OUTREACH PRESENTATION**

Jan-Oct 2019

2107
Working Together

DEPARTMENT MEETINGS

RETREATS

CLASS PRESENTATIONS

COLLABORATIONS

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Web presence coming
Disability Student Services

6% of WMU student body is registered with the DSS Office

Spring 2019, DSS had 1,189 students registered

30% of the students registered with DSS identify with mental health disabilities
Accommodations

- DSS has an interactive process with each student to establish reasonable accommodations
- Common academic accommodation for student with mental health disabilities:
  - Attendance consideration
  - Make-up exams
  - Extensions on assignments

wmich.edu/disabilityservices/faculty-resources