

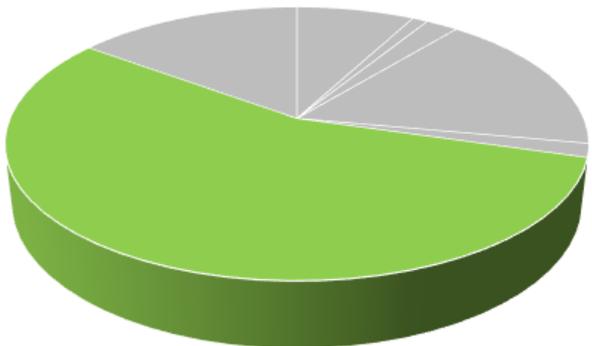
MENTAL WELLBEING & THE SOCIAL ENVIRONMENT

DEFINED AS: ANYTHING THAT RELATES TO CAMPUS GROUPS, COMMUNITY, EVENTS, PEER SUPPORT, AND PARTY CULTURE.



SUPPORTIVE

The social environment was the **most selected environment** by participants when asked what **SUPPORTS** mental well-being.



"I think a social life and strong social support system are key to mental well-being on campus - with a supporting group of friends, classmates, etc., it makes the experience much more worthwhile and enjoyable."
(Undergraduate Student)

HERE'S WHY

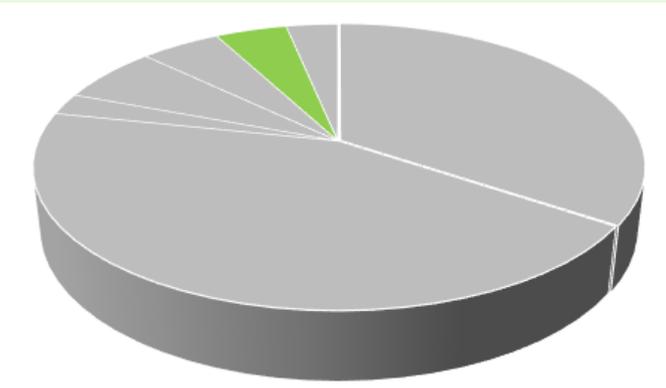
- Open and accepting clubs and groups on campus.
- Events that facilitate inclusion and diversity on campus.
- Having peers to support you through difficult times.
- Having time to actually interact with peers in social settings, away from the stress of school.

"Social life on campus is very inclusive and socializing is extremely important for mental well-being. It provides a nice break from studying and academic concentrations."
(Undergraduate Student)

"Social life allows students to deal with the stress of academics through socialization with peers. Being able to express how you feel and talk about how to feel to other people allows one to have a sense of security and reassurance that they are not alone. This is very important because everyone experiences many challenges throughout their university journey."
(Undergraduate Student)

HINDERING

The social environment was selected by some respondents as being the most hindering when asked what hinders well-being the most.



HERE'S WHY

- Certain groups are cliquey and exclusive.
- Students are too overwhelmed with school workload to have time for social activity.
- High cost associated with certain events.
- Promotion of "party culture" on campus.

"A lot of events require admission fees which are a bit more than pocket change."
(Undergraduate Student)

"The dominant social setting in school is the party culture. It creates unnecessary stress on those who do not participate in it and perpetuates many negative behaviours and ideas."
(Undergraduate Student)

Peer Support

Overwhelmingly, participants agreed that they find their best support for mental wellbeing through their peers. People feel comfortable seeking support from those who they know best. Participants felt that having a strong social network made a significant difference to their mental wellbeing.

Community

Participants stated that UBC Okanagan does a great job at creating and maintaining an environment that is accepting to all. Participants shared that they feel like they can express themselves without the fear of judgement from others.

Events

Events were perceived as an excellent way to build social connections with other students. Students stated they would like more free or low cost events on campus. Students indicated that high fees for admission to campus events are a barrier to many students.



"Friendship brings mental well-being as you have someone to talk to and you know they are there for you."

PhotoVoice Participant,
Undergraduate Student



Campus groups and clubs were viewed in a positive way. Groups and clubs were viewed as accepting and inclusive to new members, and act as a place for students to build social connections with others who hold similar interests.

Campus Groups

Party Culture

Participants referenced that they do enjoy going out with friends as a way to unwind and relax. However, certain events and groups promote a "party culture" which can negatively effect both the physical and mental wellbeing of students.

WHAT CAN YOU DO?

- Share your ideas! - Write a letter to the Deputy Vice Chancellor, or use social media, or write a blog post to share your ideas for change!
- Stay up-to-date on VOICE activities - follow us on Twitter and Facebook!
- Get involved in or start a project, committee, club, or action group!
- Be a student representative on university committees to advocate for change!

LET'S WORK TOGETHER TO FOSTER WELLBEING ON OUR CAMPUS



For More Information or to Get Involved:
<http://campushealth.ok.ubc.ca/>

