



UBC Okanagan

Thrive Partner Guide



UBC wellbeing

THRIVE.UBC.CA

Contents



- 
- 3. What is Thrive?
 - 5. Planning Your Event
 - 7. Promoting Your Event
 - 8. Resources

What is Thrive?

Thrive is a time when we come together as a UBC community to learn about, talk about, and explore ways to support our mental health. Now in its 16th year, the campaign is dedicated to shining a spotlight on the incredible UBC community that works year-round to support mental health and wellbeing.



Mental health at UBC

Supporting the mental health of students, faculty and staff has long been an important priority for the university. Thrive supports UBC's broader goals around mental health literacy, outlined in the Wellbeing Strategic Framework, Student Strategic Plan, and Focus on People 2025. Thrive is a joint initiative led by UBC Human Resources, Health Promotion & Education (Vancouver), Health & Wellness (Okanagan), and the Office of Wellbeing Strategy.



Mental health is the capacity of each and all of us to feel, think, and act in ways that enhance our ability to enjoy life and deal with the challenges we face. Reducing mental health stigma, creating a supportive campus culture, and ensuring that faculty, staff and students have the resources to help them understand mental health issues, and improve resiliency and coping skills, are key to building mental health and to living, learning and working well—these are the key tenets of Thrive.

We all have mental health

One in five Canadians will experience a mental illness or problem each year. Mental health can have a large impact on one's overall wellbeing—which can also impact our studies, our work, our relationships, or our enjoyment of everyday life. While it might look and feel different for each of us, we all benefit from maintaining and fostering it.



Mental health is impacted by many factors, both in and out of one's control. Historically, persistently, and systemically marginalized people often experience a greater frequency of mental health problems as the result of discrimination and harassment within Western/North American systems.

Health equity exists when all people can reach their full health potential and are not disadvantaged from attaining it because of their race, ethnicity, religion, gender, age, social class, socioeconomic status, sexual orientation, or other socially determined circumstance. An equitable health system offers services that are accessible, available, and acceptable to everyone.

Learn more about health equity from the [BCCDC](#) and the [WHO](#). You can also check pages 5 and 10 of this document for inclusive event planning tips and resources for specific identity groups to amplify at your event.

Planning your Thrive event

Key Questions to Consider



1. Who is the target audience?

- a. Be inclusive of diverse perspectives and populations on campus. For more details, review the [Accessible and Inclusive Event document](#).
- b. Consider opening your event with a [land acknowledgement](#).

2. How does your event connect to the goals of Thrive?

- a. Does it:
 - i. Promote mental health literacy
 - ii. Highlight resources on campus
 - iii. Foster a supportive and inclusive community
 - iv. Provide opportunities for social connection
 - v. Build skills to support positive mental health and resilience

3. What kind of event will you host?

- a. Check out [past events](#) for inspiration.

4. What resources are needed, and who can help?

- a. See the following pages for resources to spotlight and tips for sharing these at your event.
- b. Consider how you can [plan a sustainable event](#)
- c. Consider supporting IBPOC and small local businesses when purchasing prizes and catering.
- d. Recruit volunteers or team members to help you host your event.



Let us know if you need a Thrive partner bag.

Partner bags are available while supplies last.

Reach out to thrive.okanagan@ubc.ca

Dos and Don'ts in hosting a Thrive Event



Do :

- Contribute to a thriving environment by taking care of your own mental health
- Contribute to a safe and helpful forum where people can talk and learn about mental health
- Connect with the UBC Thrive team for further resources



Don't :

- Expect yourself to be a mental health expert and offer a solution to an individual experiencing mental health issues
- Discount or trivialize the subject of mental health and/or mental illness
- Try to diagnose or assess an individual
- Ask for information about a person's medical condition. Medical conditions are private.

Promoting your Thrive event

Email us here for the Thrive Communications Toolkit with ready-made graphics, messaging, and timelines to promote your event and other Thrive initiatives on campus.



**Is your group, unit, or department planning an event?
Add it to the Thrive Events Calendar here.**

Need more support?

Reach out to [Reach out to thrive.okanagan@ubc.ca](mailto:thrive.okanagan@ubc.ca)

Tag @ubcwellbeing and #UBCThrive in your Thrive Instagram posts
to be reshared!

Resources to Amplify

This year, the campaign is focusing on highlighting the incredible teams at UBC that work year-round to support mental health and wellbeing. Whether you're a student, faculty, staff, or part of the broader campus community, a variety of resources are available to support you.



Spotlight: the Mental Health Continuum

Mental health can change due to life events, choices, behaviours, or the impact of wider systemic factors, some of which we can control, and others we cannot. The Mental Health Continuum highlights the range of mental and physical health challenges you may face throughout life, along with the resources available to support you at UBC.



This model isn't for diagnosis, but it is designed to help you reflect on your mental health and locate available resources.

Access tailored mental health continuums for students or faculty/staff [here](#).



How to host a conversation and use this tool

- Introduce the tool with a brief description (see the attached resources above)
- Ask attendees to reflect on where they are on the continuum today
- Discuss resources and support available for different points on the continuum.
- Share why mental health is important (see page 4) and invite people to share why mental health is important to them.

Some key questions to get people talking can be:

- What does mental health mean to you?
- How do you thrive? At home vs at school?
- What does thriving look like to different people?
- Mental health involves finding a balance in all aspects of life including physically, mentally, emotionally, and spiritually.
- How do you find balance in your life?
- What can stigma look like from your perspective? How can we help to end stigma?

... And more! Get creative and start a conversation about thriving.

How should I respond to someone if they share that they are struggling or in crisis?

- Plan/check in with yourself first
- Reach out respectfully
- Share specific observations
- Use open-ended questions
- Listen actively and respond with empathy
- Refer to these resources for more details:
 - Supporting Students in Distress resources (Blue Folder)
 - Helping Faculty and Staff in Distress resources (Orange Folder)

Identity-Specific Resources at UBC



Accessibility on Campus Map

Accessible and All Gender Washrooms

Black Student Success

Campus Wellness and Education

Centre for Workplace Accommodation (faculty
and staff)

Connection and Support - services and affinity
groups for students, faculty and staff

Disability Resource Centre (students)

Equity and Inclusion Office

Indigenous Programs and Services (students)

Sexual Violence Prevention Response Office
(SVPRO)

Spiritual and Multi faith Services

Additional Resources



Event Planning

- [The Thrive Five+](#)
 - [Planning Events at UBC Okanagan](#)
 - [Thrive Communications Toolkit](#)
 - [Accessible and Inclusive Event Planning](#)
 - [Inclusive Event Planning Canvas Course](#)
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Students

- [Student Wellness](#)
 - [Campus Wellness](#)
 - [Here2Talk](#)
 - [The Wellness Centre: Online](#)
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Faculty & Staff

- [Faculty and Staff Mental Health Resources](#)
- [Workplace Health and Wellbeing](#)
- [Wellbeing in the Classroom Toolkit](#)
- [Workplace Wellbeing Workshops and Courses](#)