

# Academic Libraries' Role in Supporting Student Mental Health & Wellness

**Crystal Rose, Memorial University**

[crose@grenfell.mun.ca](mailto:crose@grenfell.mun.ca)

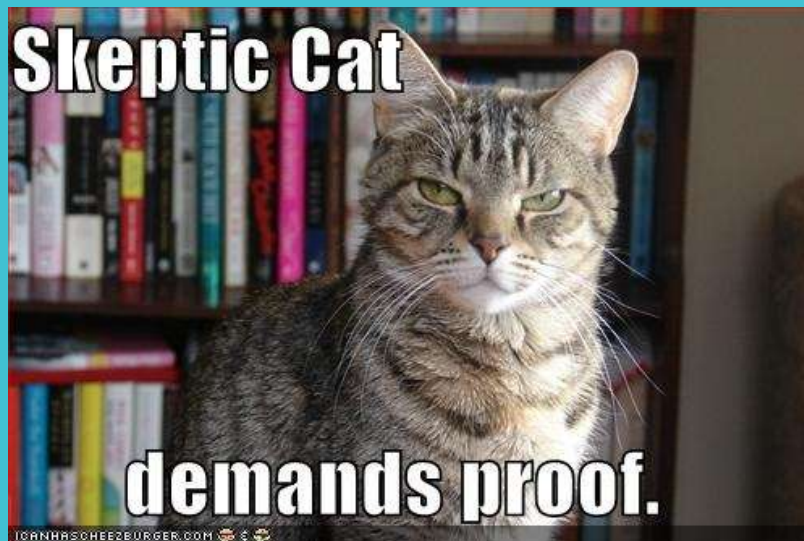
**Judy MacLean, UNB**

[jmaclea@unb.ca](mailto:jmaclea@unb.ca)

**Patricia Doucette, Holland College**

[pmdoucette@hollandcollege.com](mailto:pmdoucette@hollandcollege.com)

# Why should libraries support student wellness?



# 2013 National College Health Assessment (Canadian Data)

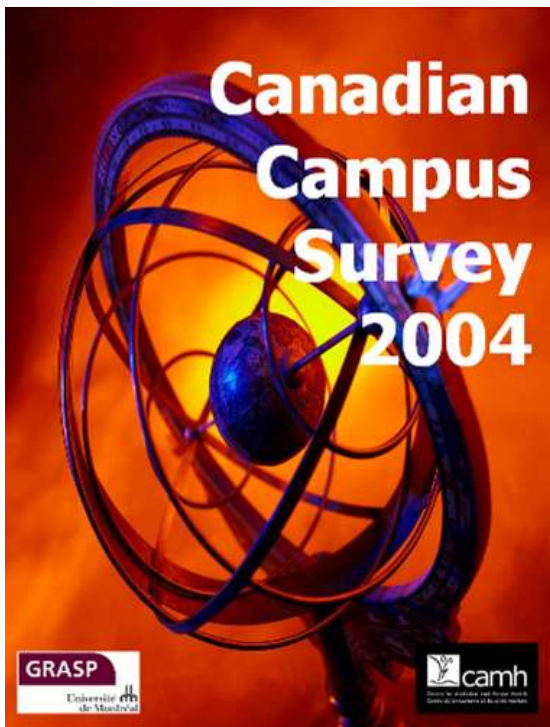


- 89% of students had felt overwhelmed
- 57% felt overwhelming anxiety
- 69% felt very sad
- 64% felt very lonely
- 56% had found academics very difficult to handle

2013



# Rise of Stress & Anxiety



**2013**

69% felt “very sad”

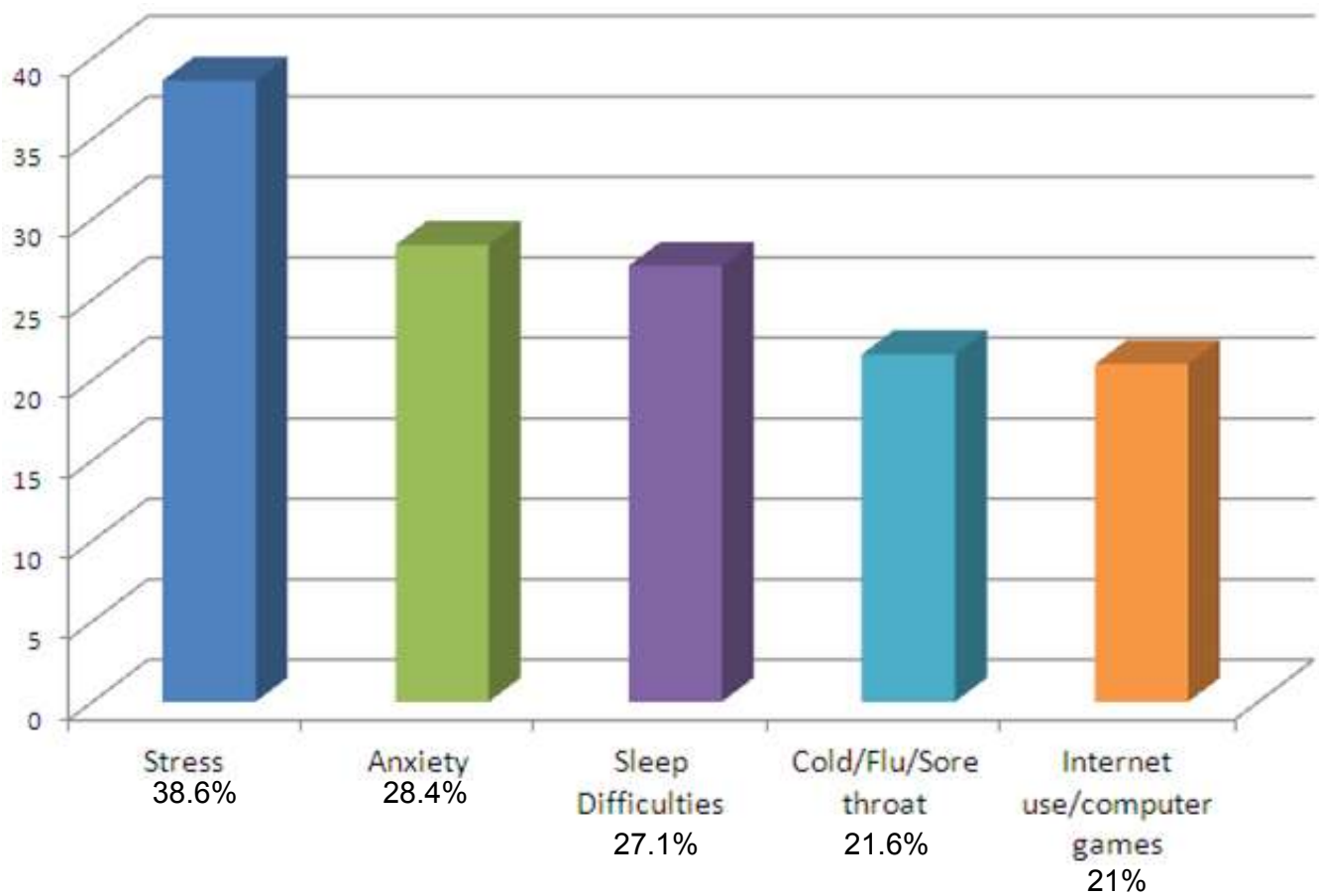
89% felt “overwhelmed”

**2004**

31% felt “unhappy or depressed”

47% felt “constantly under strain”

# Stress & Anxiety in 2013



# Suicide Risk in 2013



9.5% of Canadian university students said they had “seriously considered suicide” in the past 12 months



# Recent Highly Publicized Suicides



## How academic pressure may have contributed to the spate of suicides at Queen's University

By Jan Wong

Early one Saturday morning in March 2010, Eric Windeler and his wife, Sandra Hanington, arrived home after a spinning class at the Granite Club to find an urgent message from the police. They called back, and the police said they'd be right over. Windeler and his wife quickly took inventory: grandparents fine, two of their three children safely at home. Only the eldest, 18-year-old Jack, was unaccounted for, away at Queen's University in Kingston. "We texted him and called him. There was no answer."

Then a police officer was at their door. "I've got terrible news," he said. "Your son has died...We think it was suicide." The couple called their other kids into the room and told



Jack Windeler was 18 years old and in his first year of university when he died. (Image: courtesy of the Jack Foundation)

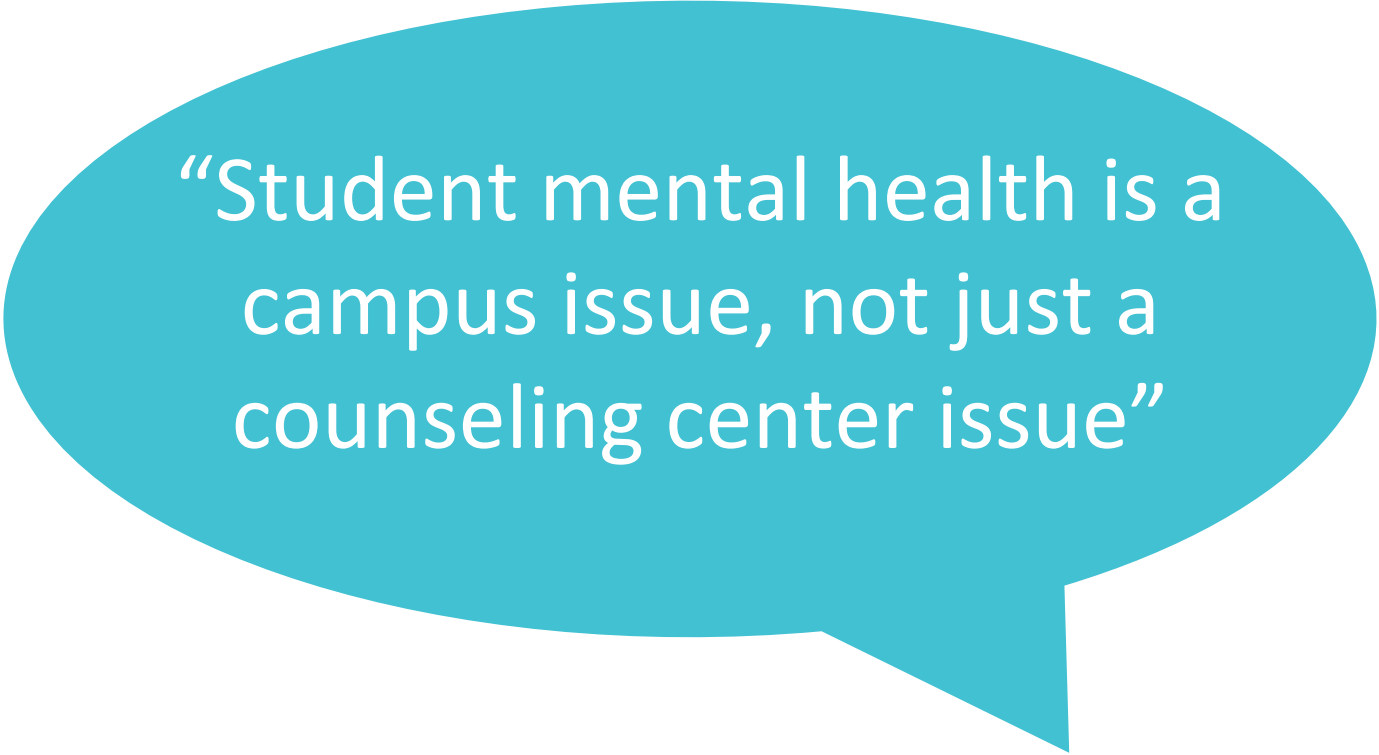




## Queen's University Commission on Mental Health

“Good health – physical and mental – is an inextricable precondition for optimal academic and social success. The university community has a duty, obligation and an underlying commitment to promote and support student success.”

# Campus Culture



“Student mental health is a campus issue, not just a counseling center issue”

(Owen & Rodolfa 2009)

# How are libraries supporting student wellness?





 **UNB**  
EST. 1785  
UNIVERSITY OF NEW BRUNSWICK

PSYCHIATRIC  
HELP 5¢



THE DOCTOR  
IS IN



RESEARCH HELP

~~5¢~~ FREE

RESEARCH  
HELP

THE Librarian

IS

IN



|   |   |   |   |   |
|---|---|---|---|---|
| 3 | 7 | 4 | 6 | 9 |
| 9 |   | 6 | 1 |   |
|   |   | 7 |   | 4 |

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| 3 | 8 | 9 | 7 | 4 | 6 | 9 |   |   |
| 2 | 8 | 2 | 1 | 0 | 5 | 2 | 8 | 4 |
| 1 | 9 | 8 | 4 | 5 | 7 | 2 | 6 | 3 |
| 5 | 4 | 0 | 2 | 3 | 8 | 0 | 7 | 1 |
| 2 | 7 | 3 | 0 | 6 | 1 | 8 | 4 | 9 |

General manager: 417-261-2222, 417-261-2223  
 Managing editor: 417-261-2222, 417-261-2223  
 Advertising manager: 417-261-2222, 417-261-2223  
 Assignment editor: 417-261-2222, 417-261-2223

Send your winning tickets to: 1-800-369-2222 for more information  
 For more winning tickets: 1-800-369-2222  
 Check your tickets every day for a chance to win big!

Check every day for your winning lottery numbers  
 www.dailyglottery.com

# Librarian dispenses hugs and jokes along with books

**Exam time** | Judy MacLean offers friendly smiles and encouragement to stressed out university students

By TARA CHISLETT  
 tchislett@dailyglottery.com



ANDREW MEADE, THE DAILY GLEANER

**Judy, not Lucy:** UNB Science and Forestry library research librarian Judy MacLean has set up her "The Librarian Is In" booth outside the Science and Forestry Library on the UNB campus to help students out with whatever they need. Above, MacLean helps second-year biochemistry student Bridget Pyke with a query.

For many, wreathes and ornaments are symbols of the holiday season, but for Judy MacLean, there's one more sure sign that Christmas is almost here: stressed out students lined up in the library studying for their exams.

MacLean, a librarian at the University of New Brunswick's Science and Forestry Library, has worked at the university as a librarian on and off for about 20 years — and every day she's watched students dealing with stress.

Some need help with projects or just come to the library for a quiet place to study, she said, but some need a little more — encouragement from a friendly face or someone to talk to.

She said that's what inspired her to set up a kiosk called "The Librarian Is In," where she'll be available for a few hours every morning to chat with anyone who stops by.

MacLean said the concept was inspired by Lucy's booth on Charlie Brown.

"I just wanted to add a little humor to a rather stressful time and make myself more available to students who might have last minute questions," she said.

Many students find libraries and librarians intimidating so setting my booth and having students ask about "fun" and "library" in the

same thought bubble was important to me. I want students to know that librarians are supportive and approachable and that they can always go to the library to get help with assignments."

MacLean said in addition to her

kiosk, the staff at the science library has also set up stations known as "stress busters" to help student unwind. Activities at the stations include things like colouring, crosswords and Sudoku puzzles.

MacLean said staff also takes time to talk to students about their day and give suggestions for studying.

"I have often joked that at the Science and Forestry Library at UNB, we dispense hugs and food as much as we dispense books. I've gone to

realize that it is just as important," she said.

"Our staff works hard to provide support to students by assisting them with their questions and directing them to other resources on campus as needed, as well as being friendly and encouraging as we can so they can see the library as a 'safe place' where they can gather."

MacLean said although she's also available to students who seek her out in her office, she hopes the booth will encourage more to stop in for a break to say hello.

Rice Fuller, the director of counselling services at the school, said when it comes to stress during the exam period, simple things like taking a break from the books to talk to a friend can be very effective in keeping levels under control.

"Our ability to focus and concentrate decreases as we study for an hour, we're not able to focus as well as we were at the end of that hour compared to the start of that hour," he said. "We need to take a break and reenergize ourselves."

Fuller said focusing on the basics — eating well and getting enough shut-eye every night — are also good strategies for staying stress-free.

"Bodies function best when they're well rested and through a healthy diet," he said.

Fuller said the sleep element is particularly important, even though it's often something students sacrifice in order to get more study time in.

"It's a trade-off that really doesn't pay off," he said. "Even minor amounts of sleep deprivation have significant effects on our ability to concentrate, to focus, to remember newly learned material which is exactly why they're staying up later. If you're sleep deprived, and really we're talking about an hour or two less sleep than you would normally get, you essentially put yourself in a worse situation than if you had just

gone to bed and not studied."

Fuller said he thinks people often underestimate the impact of sleep deprivation, noting that even the awareness of how sleep deprived a person is decreases over time as a result.

"We develop a tolerance for sleep deprivation," he said.

"If you missed an hour or two of sleep over the course of a few nights, toward the end of that period of time, you may be very sleep deprived but you would be less aware of it than you were on day one."

Fuller said to perform best, students should aim for somewhere between seven and nine hours of sleep a night. He also recommended avoiding alcohol as a means of coping with stress, saying it can affect sleep negatively.

"If you have an exam on Monday and you go out and really tie one on on Saturday night, that's going to impact your performance on that exam on Monday because alcohol has a negative effect on sleep," he said. "Your sleep on Saturday and Sunday night is going to be worse."

Fuller also recommended exercise as a way to reduce stress.

"It doesn't have to be intense weightlifting or spinning, although those are great, but even just getting outside for a 20-minute walk," he said. "If people want to do more than that, all the better, but that is one of the best things people can be doing to more immediately reduce the stress their feeling."

In addition to MacLean's kiosk, the student services department at UNB has partnered with the students' union to create a puppy room where students can relax and visit with several dogs.

The event will be held at Student Union Building Ballroom Monday, Wednesday and Thursday between 9:30 and 8 p.m.

Christmas exams at UNB and Thomas University begin this

## Rescuer 'did what you need to do'

Continued from /A1

VanHorne said the department was originally dispatched to Sunset Drive, near the old atrium, but ran into trouble because they couldn't see the

Discipline Committee will hold \$6000



**LIBRARY = FUN**









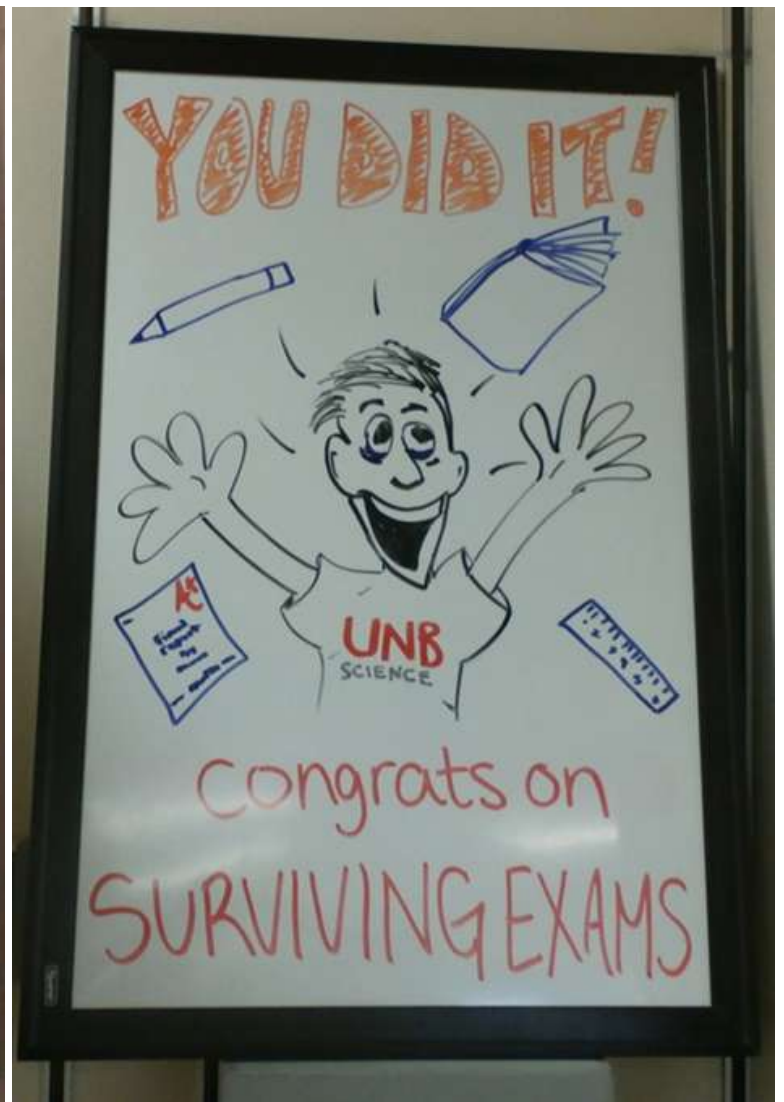
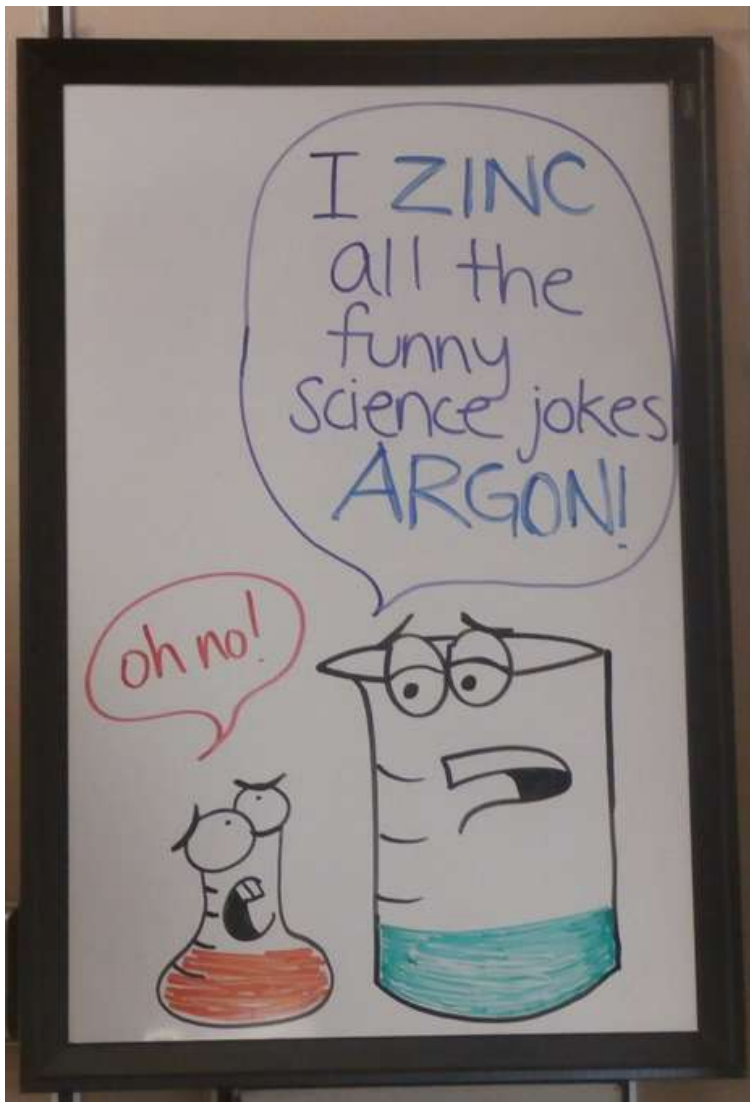
# GAMES NIGHT @ the Science Library

Saturday, October 24<sup>th</sup>

9 pm- 11 pm

games & snacks provided

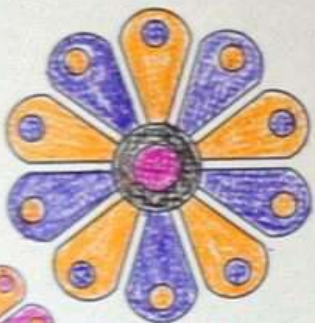
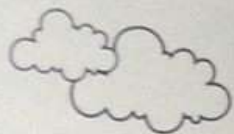












-Mark.  
.13.

**STUDY BREAK**

Bring your colouring to the Commons Service Desk in exchange for a treat.

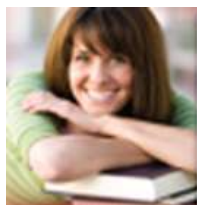
Hoppy  
Easter



**STUDY BREAK**

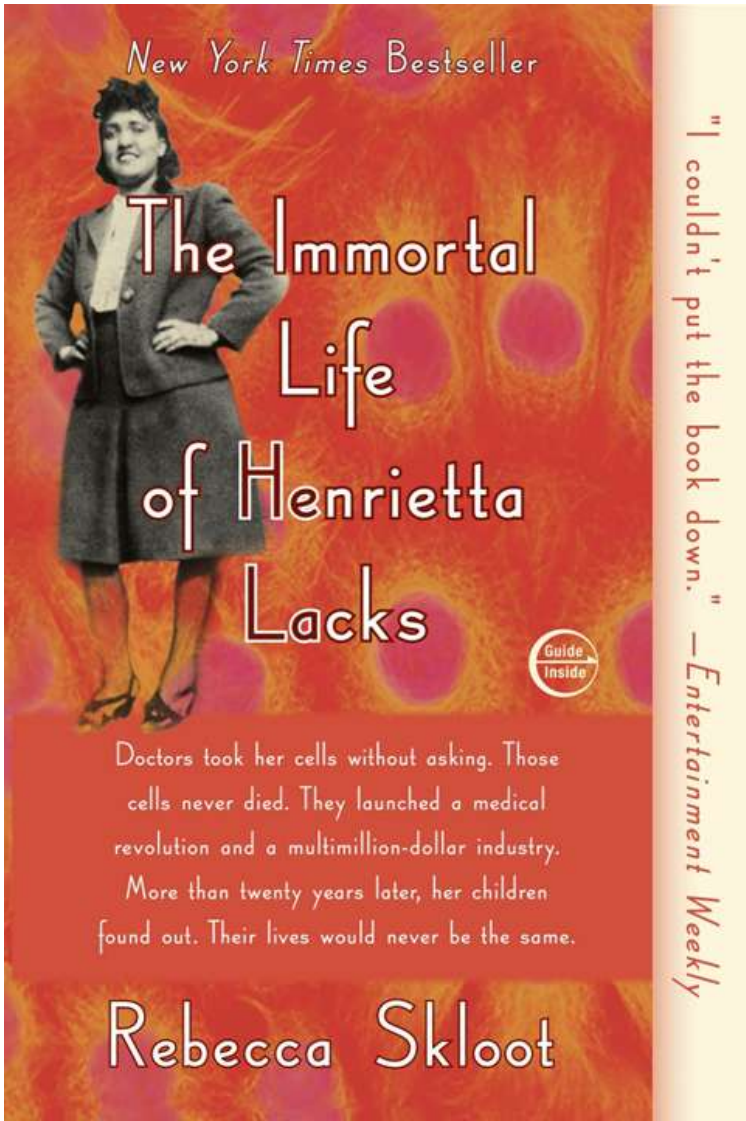
Bring your colouring to the Commons Service Desk in exchange for a treat.



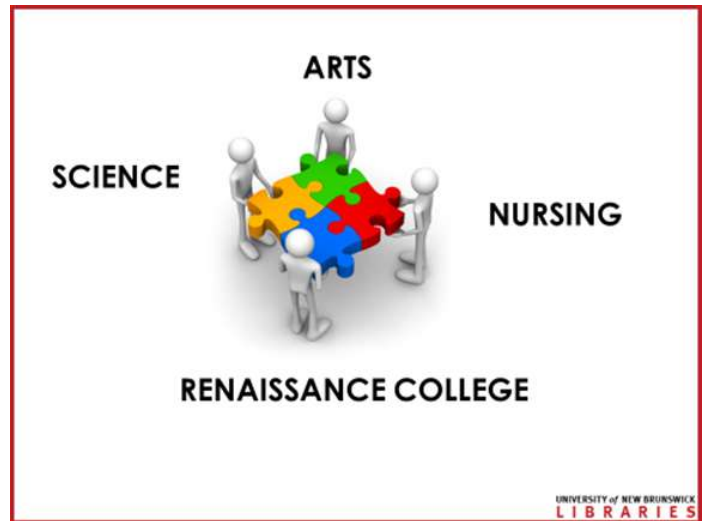


UNIVERSITY of NEW BRUNSWICK  
LIBRARIES

JUNB Common  
READ



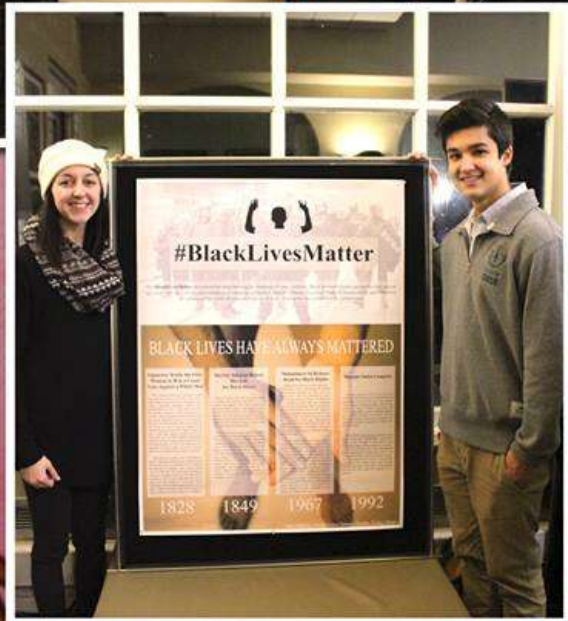
4 faculties  
600+ students



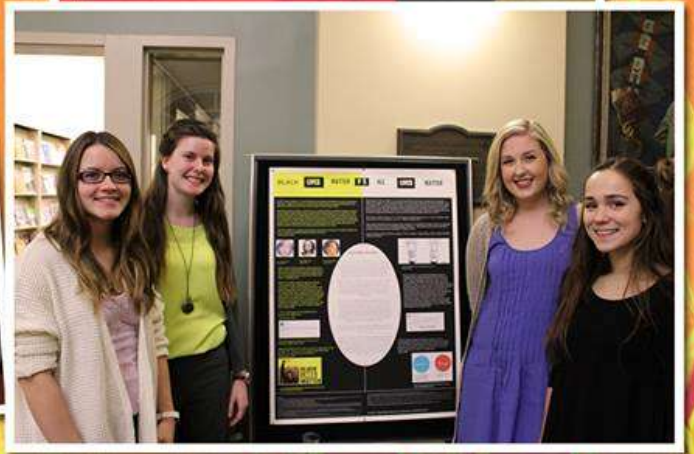
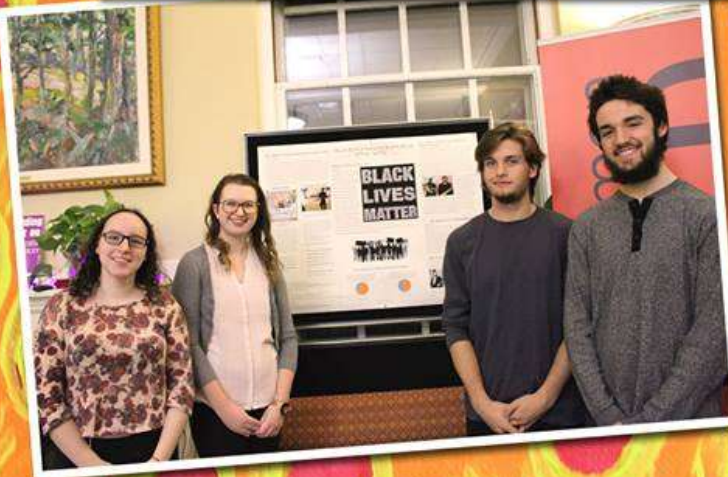














FREE  
BALLOONS



TAKE A BREAK TO SMILE









**Wellness Subject Specialist**





Workshops  
Skills Classes  
5 minute exam ease



# Partnerships

**HCSU HEALTH WEEK**  
FEBRUARY 9TH - 13TH 2015



**MONDAY**  
PUPPY ROOM @ NOON  
LOCATION: LIBRARY

**TUESDAY**  
DAVID'S TEA TESTING @ NOON  
LOCATION: LIBRARY

**WEDNESDAY**  
DR. GREG WELLS @ 9 AM  
LOCATION: LIBRARY

**THURSDAY**  
NAUGHTY BINGO @ 8PM  
LOCATION: MURPHY CENTRE

**FRIDAY**  
FREE COOKIES & COFFEE @ NOON  
LOCATION: CAFETERIA

STAY TUNED FOR MORE DETAILS!

PRINCE OF WALES CAMPUS



A supportive institutional culture

## Holland College Breakfast Program



**Business student Amanda Myers, left, and Sport and Leisure student Angelle LeBlanc prepare the breakfast bags for students to pick up.**











# Dr. Greg Wells



**EAT. MOVE. SLEEP.**



**Nutrition Expert**



Coming  
Next week



Bunnies



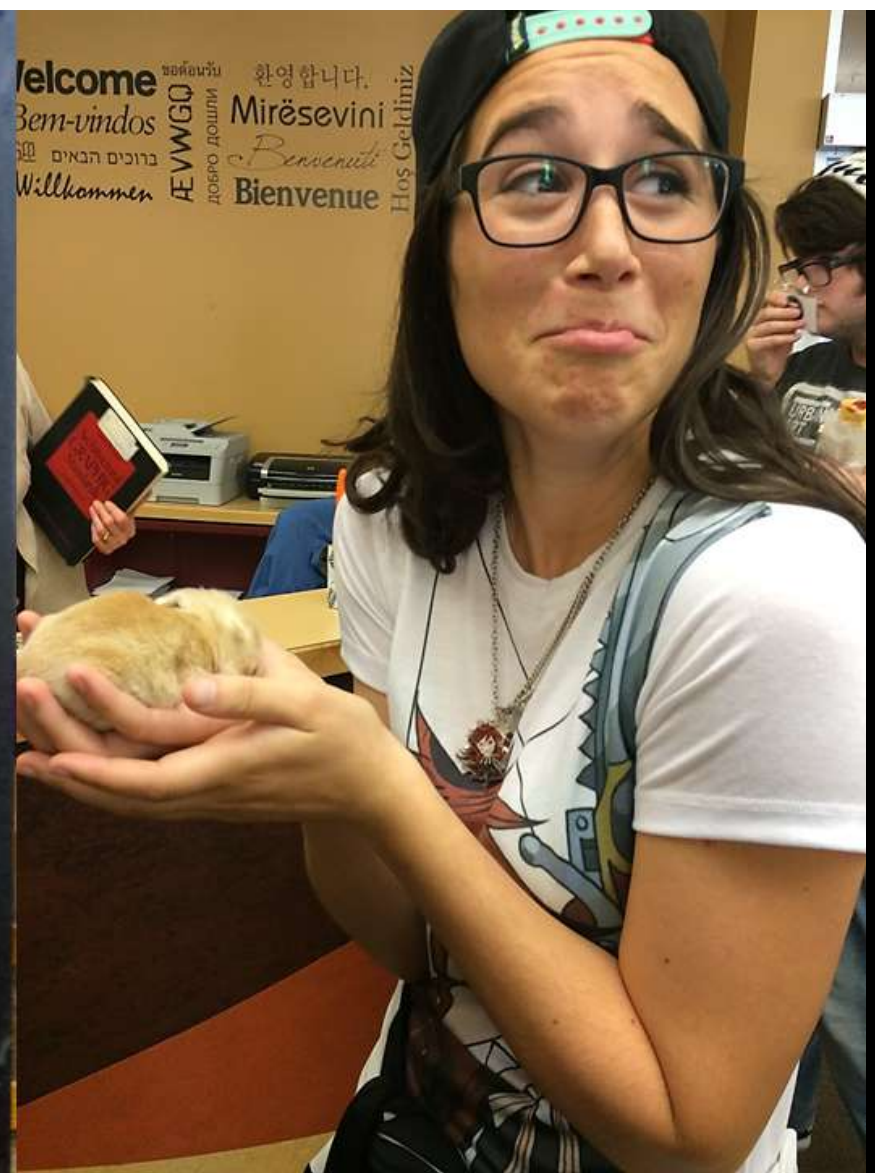
David's Tea



Feng Shui

Jewelry  
exchange

Welcome  
Bem-vindos  
ברוכים הבאים  
Willkommen  
환영합니다.  
Mirösevini  
Benvenuti  
Bienvenue  
Hoş Geldiniz





# Baby Animal Petting Farm





Holland College Libraries with Holland College and 2 others.  
Published by LARISA HUBBARD 5 hrs · 49

Free mini massage today for students in the Charlottetown library today 12-1pm and 2-3pm. Certified massage therapists from how it Zen Massage Clinic are here to ease your tension.

**EXAM STRESS RELIEF**











Monarch Release = Stress Release





**Holland College Libraries** added 2 new photos.

Published by Leslie Holt [?] · 20 November at 16:14 · 🌐

Celebrated National Child Day in the library and the big kids loved the bear hugs just as much as the daycare children.



FREE HUGS













RESEARCH  
HELP 5¢



THE LIBRARIAN  
IS IN



**Late-night hours**

From Friday, April 9 to Tuesday, April 11  
Weeknights open until midnight

|                                   |                                     |
|-----------------------------------|-------------------------------------|
| Friday, Apr 9 - 8:00am to 2:00am  | Friday, Apr 16 - 8:00am to 2:00am   |
| Saturday, Apr 10 - noon to 2:00am | Saturday, Apr 17 - 8:00am to 2:00am |
| Sunday, Apr 11 - noon to 2:00am   | Sunday, Apr 18 - 8:00am to 2:00am   |



*stay late*

*free coffee  
& snacks  
after 10 pm*

**Library  
Late-Night  
Hours**

**2:00 am**  
**Fridays, Saturdays  
& Sundays**  
**Nov 29 - Dec 15**







*Breathe,*



*paws,*




*unwind*



*at the library during exams*








**LIBRARY YOGA** 

**Door prizes!** **Saturday**  
**April 10**  
**10:00 am - noon**

**An introductory class to help students relax and de-stress. Mats and healthy snacks provided!**

**Co-sponsors:**  
 **Student Services**  
 **Colemans**  
STAYVE-SUPPORT-SUCCEED



















*unwind*



Play around  
at our  
"stress-busting  
station"

Dec 9 - 18

 Student Services  
STRIVE-SUPPORT-SUCCEED

&

 FERRIS ADICKES LIBRARY



*Paws,*



*play &*

*stay late!*

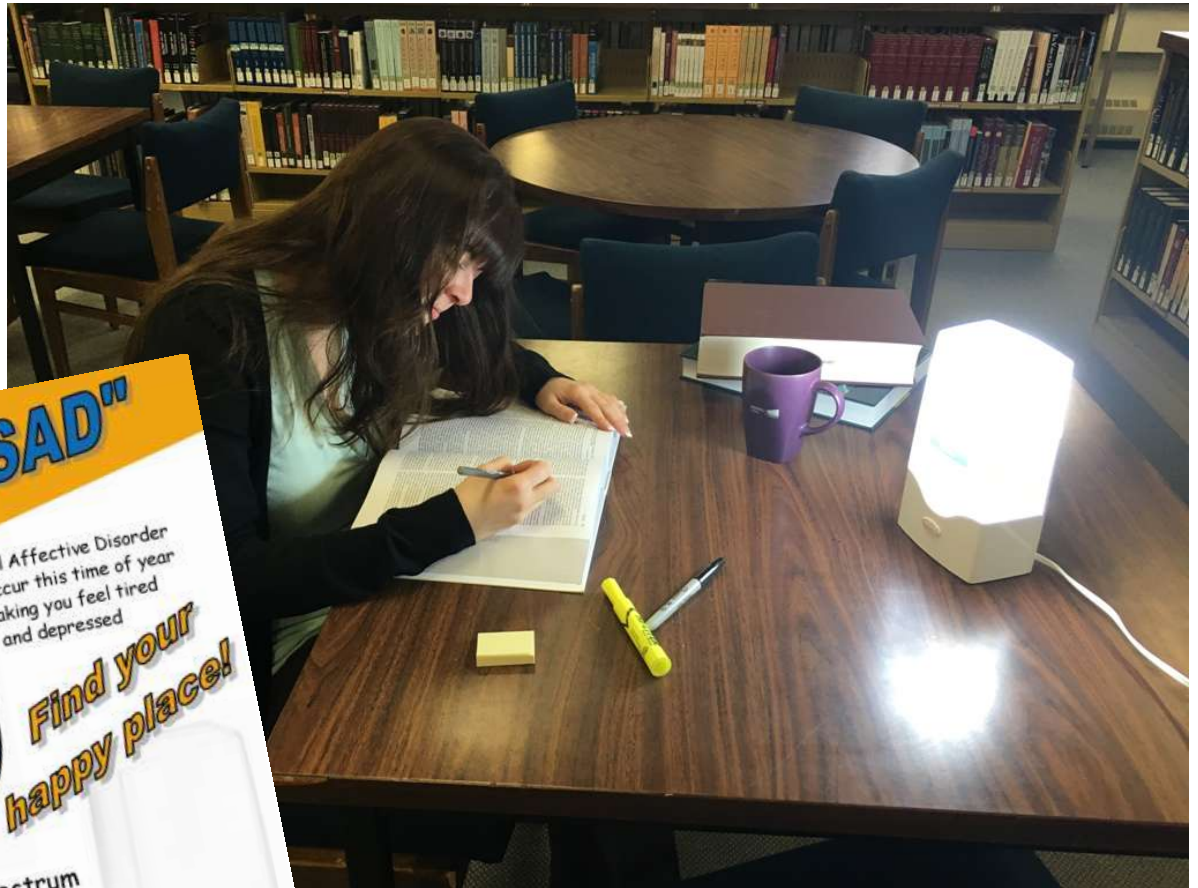






Borrow a  
board game  
from the  
library!






**Feeling "SAD"**

Seasonal Affective Disorder can occur this time of year making you feel tired and depressed

*Find your happy place!*

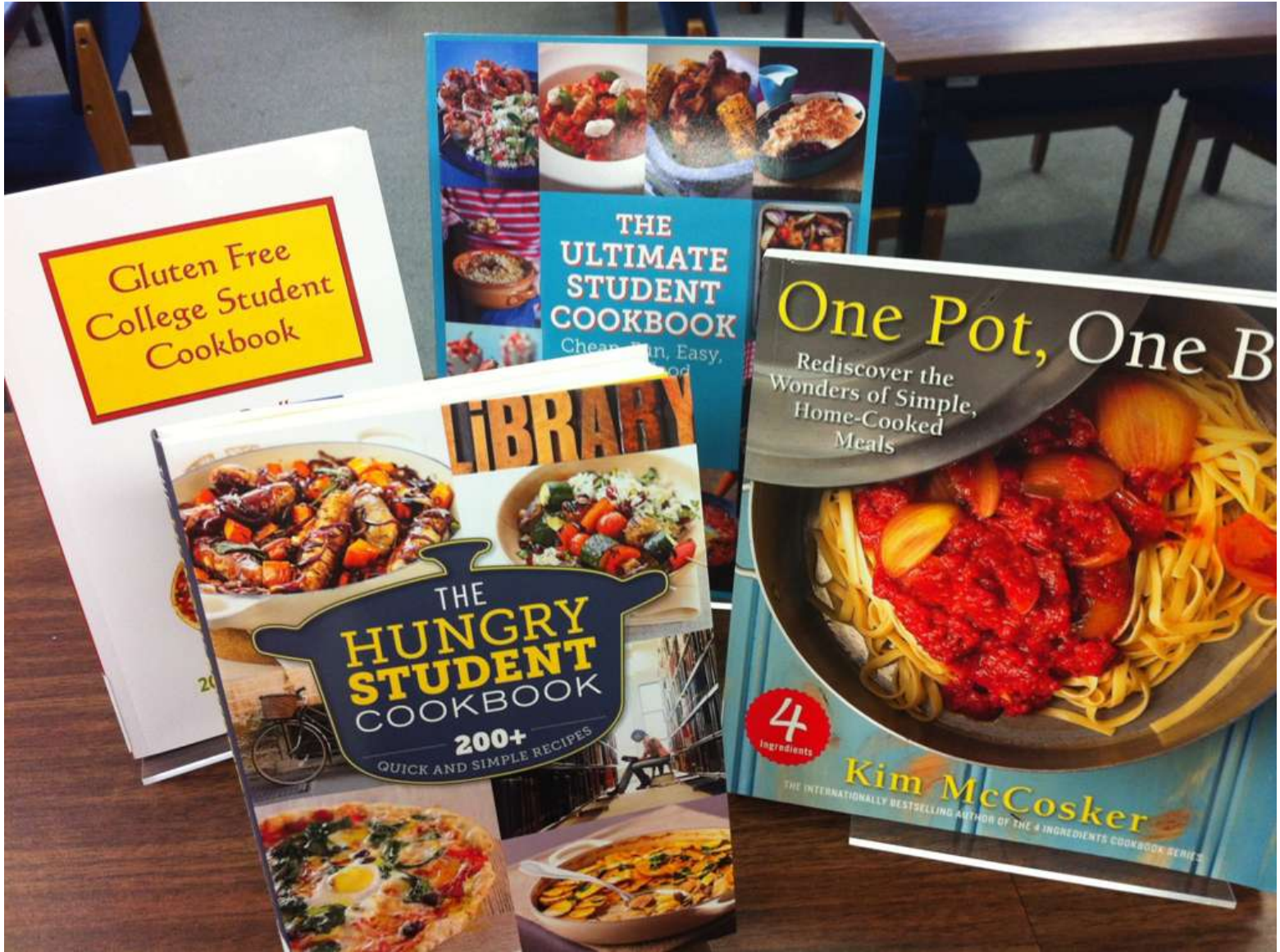
Borrow a broad spectrum **HAPPY LIGHT** from the library!

30-60 minutes is all you need to improve your mood.









Gluten Free  
College Student  
Cookbook

THE  
ULTIMATE  
STUDENT  
COOKBOOK  
Cheap, Fun, Easy,  
Good

LIBRARY  
THE  
HUNGRY  
STUDENT  
COOKBOOK  
200+  
QUICK AND SIMPLE RECIPES

One Pot, One Bowl  
Rediscover the  
Wonders of Simple,  
Home-Cooked  
Meals

4  
Ingredients

Kim McCosker  
THE INTERNATIONALLY BESTSELLING AUTHOR OF THE 4 INGREDIENTS COOKBOOK SERIES

**Follow Us to Win!**



**Baskets full of  
groceries &  
kitchen supplies!**



**Each like/follow = 1 entry**

**Contest closes Sept 30**



**#grenfellcooks**



**Ferriss Hodgett Library**  
Published by Crystal Rose 171 · October 18, 2015 ·

We've teamed up with Student Services this week to encourage healthy eating on campus. Check out our facebook, twitter or instagram for a daily recipe and tips on reducing processed foods in your diet. Students can share, like or comment on our "Recipe of the Day" to win a basket filled with ingredients to make that recipe! One grand prize winner will receive a consultation with our Dietician. Grenfell Campus, Memorial University

**cut the CRAP**  
**Eat Real Food!**  
Eat fewer processed foods by avoiding foods that contain "CRAP"

**C**heckouts like Amaranth, Amaranth, Barley, Ahi, Cornmeal, Potato, Soybean, Inulin and partially hydrogenated oils.

**R**efined sugar and flour.

**R**efined flours, salt, and sweeteners like aspartame, saccharin, maltose, dextrose and high-fructose corn syrup.

**R**esemblance to salt, acid, sodium citrate/diphosphate, & xanthan.

**Grenfell Library** @librarygrenfell · 18 Oct 2015

**Favorite, Retweet, Reply (each gets you 1 entry) to win ingredients for Monday's Recipe of the Day! @grenfellcampus**

**cut the CRAP Eat Real Food (Monday's Recipe)**

**Individual (overnight) steamed**

- 1/2 cup oatmeal
- 1/2 cup milk of your choice (dairy, soy, almond, etc.)
- 1/2 cup yogurt (choose Greek for extra protein)
- 1/2 cup fruit of your choice
- Optional: Add 1 tsp cinnamon, chia seeds, or flax to increase the fiber, fiber, and protein!

**Use all ingredients in combination. Steer and let stand overnight in refrigerator. Enjoy the oatmeal the next morning! (You can eat it cold, or if you prefer, heat it up in the microwave)**

RETWEETS: 7 · LIKES: 6

10:28 AM · 18 Oct 2015 · Details

Reply to @grenfellcampus



**cut the CRAP**  
**Eat Real Food!**

**Contest**

Check out the library on Facebook, Twitter or Instagram all week for a Recipe of the Day. Share, like or comment to win a basket filled with ingredients to make that recipe! We're giving away 5 baskets in total. One grand prize winner will receive a free consultation with our Dietician.

Student Services

#cutthecrap  
#eatrealfood





#grenfellcooks



#grenfellcooks



#grenfellcooks





#grenfellcooks



# SuperSunday!

Writing, Math, Science & Research Help  
all day at the library!

**starring:**

The Learning Centre's Peer Tutors

The Librarians

English, Math & Science Faculty



Healthy  
snacks!

Free  
study  
supplies!

**Sunday, Nov. 30<sup>th</sup>**



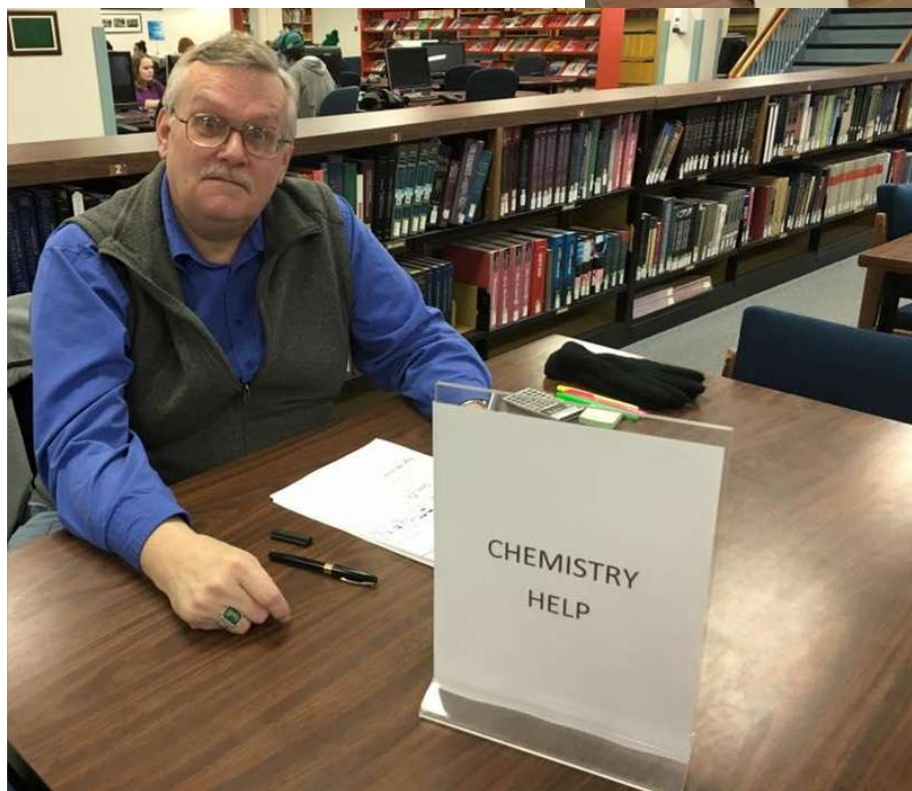
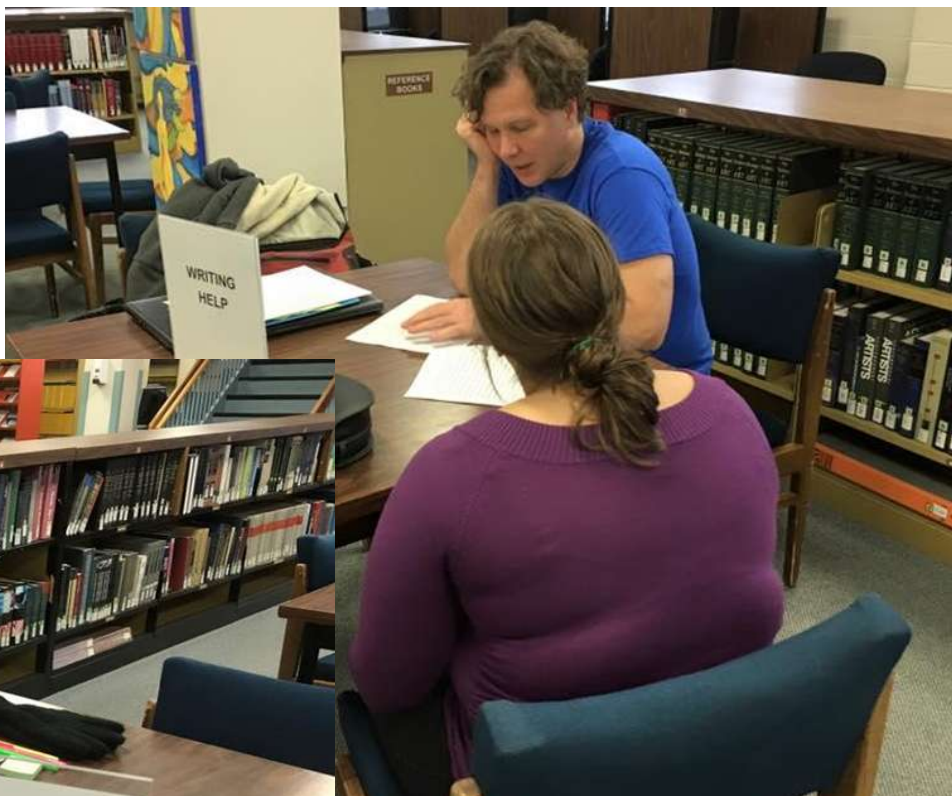
**Does math bring  
out your inner  
green rage monster?**

**Is grammar  
your kryptonite?**

**Is chemistry  
your  
archenemy?**









# SCHEDULE

|             |                 |                     |                 |                 |                                 |                 |
|-------------|-----------------|---------------------|-----------------|-----------------|---------------------------------|-----------------|
| 12:00-1:00  |                 | ECONOMICS<br>2010   |                 |                 |                                 |                 |
| 1:00-2:00   | WRITING<br>HELP |                     | BIOLOGY<br>1001 | PET<br>THERAPY  | RESEARCH<br>&<br>CITING<br>HELP | SUPER SESSION 1 |
| 2:00-3:00   |                 |                     |                 | PHYSICS<br>1020 |                                 | SUPER SESSION 2 |
| 3:00-4:00   |                 | MATH<br>HELP        | DIETICIAN       |                 |                                 | SUPER SESSION 3 |
| 4:00-5:00   |                 |                     |                 |                 |                                 | SUPER SESSION 4 |
| 5:00-6:00   |                 |                     |                 |                 |                                 | SUPER SESSION 5 |
| 6:00-7:00   |                 | FRENCH<br>1500/1501 |                 |                 |                                 |                 |
| 7:00-8:00   | WRITING<br>HELP |                     |                 |                 |                                 |                 |
| 8:00-9:00   |                 |                     |                 |                 |                                 |                 |
| 9:00-10:00  |                 |                     |                 |                 |                                 |                 |
| 10:00-11:00 |                 |                     |                 |                 |                                 |                 |
| 11:00-12:00 |                 |                     |                 |                 |                                 |                 |
| 12:00-1:00  |                 |                     |                 |                 |                                 |                 |

# SuperSessions!

Learn new study skills in a flash  
at the library

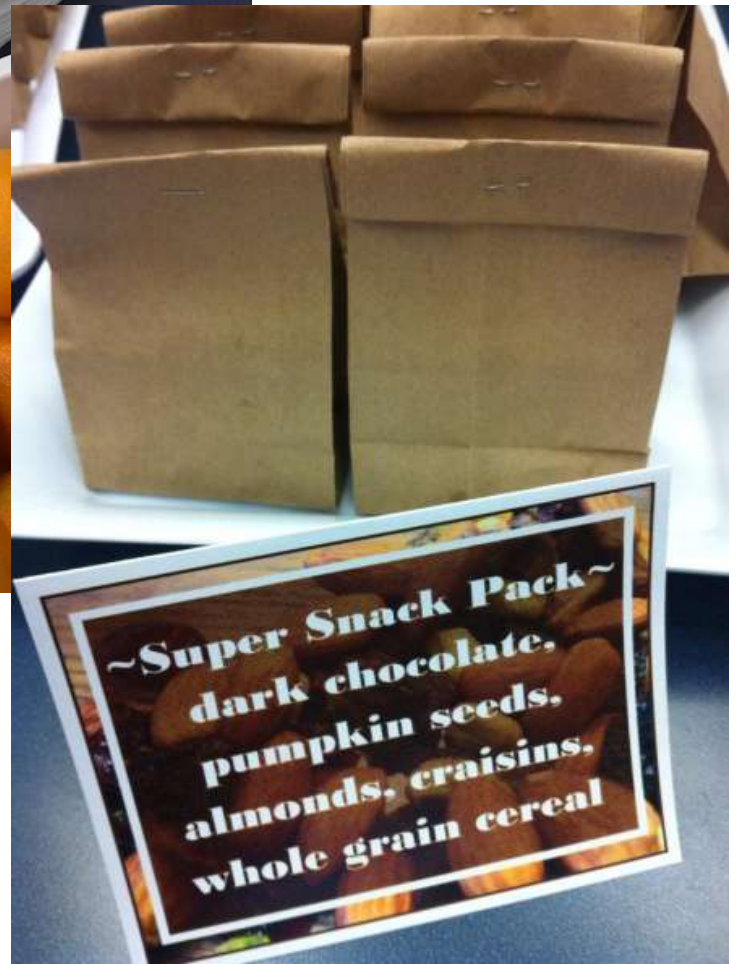
- 2:00pm: Session 1 - Planning Your Study Schedule (15 mins)
- 2:30pm: Session 2 - Multiple Choice Test Tips (15 mins)
- 3:00pm: Session 3 - Overcoming Test Anxiety (15 mins)
- 4:00pm: Session 4 - Guided Imagery (20 mins)
- 4:30pm: Session 5 - Progressive Muscle Relaxation (30 mins)

 Grenfell Campus  
Student Services



Nov 29







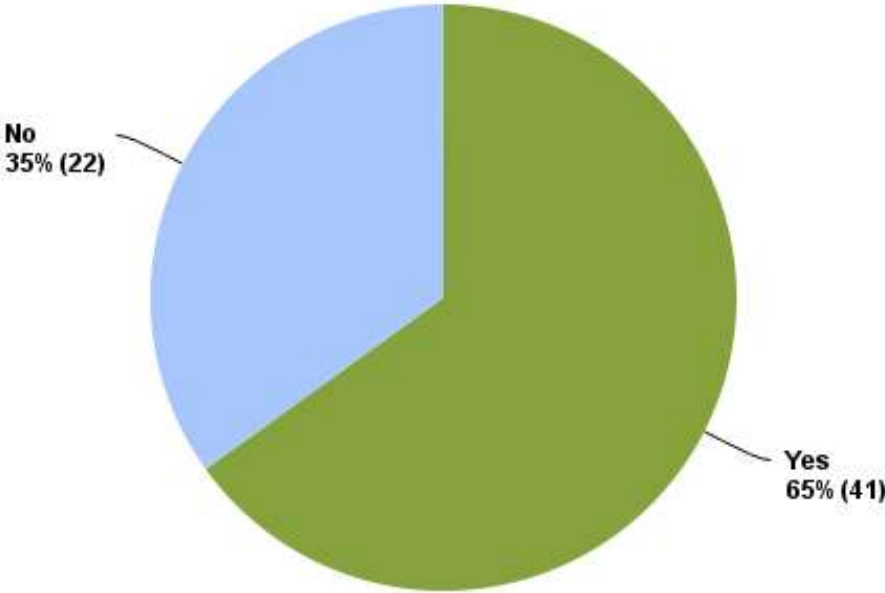


## Our Survey of Canadian Academic Libraries

- Dec 2015-Jan 2016
- Distributed to 81 college & 77 university libraries
- 63 responses
- a 40% response rate
- 40 were university libraries (64% of respondents)
- 22 were college libraries (35% of respondents)

**Q2 Does your library currently provide any programs, services or collections specifically aimed at supporting student wellness?**

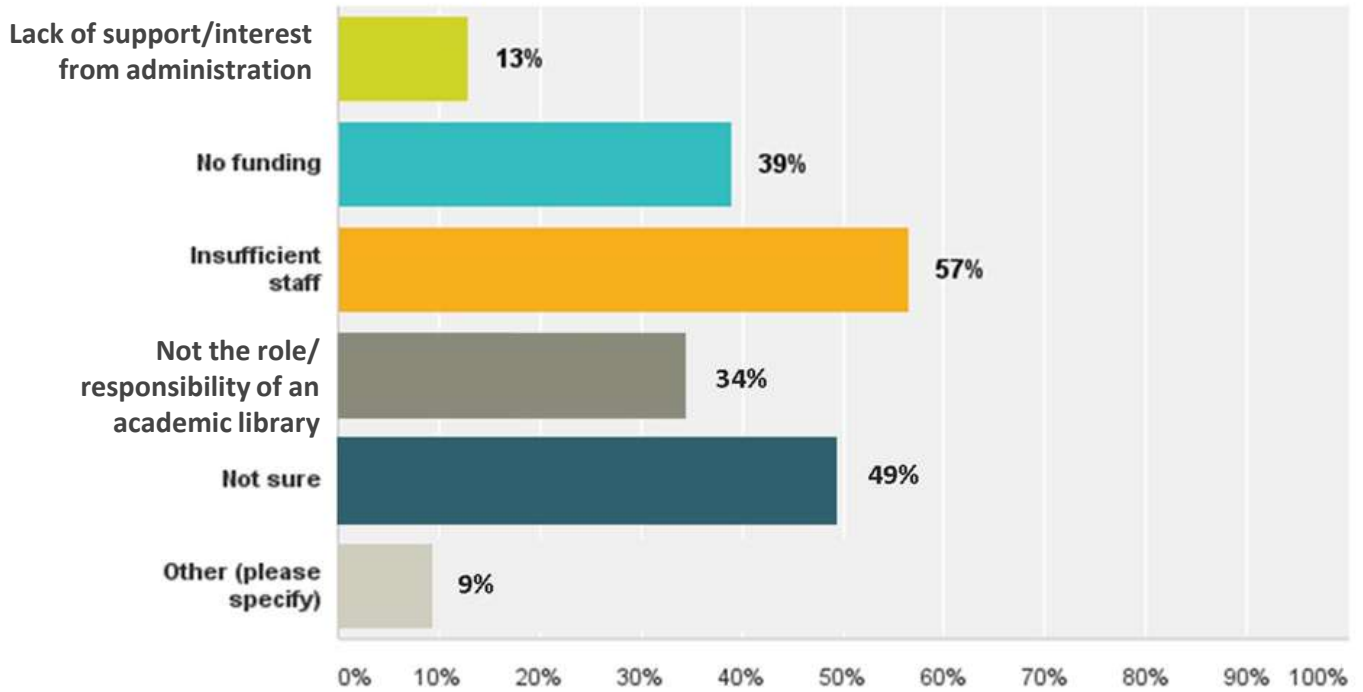
Answered: 63 Skipped: 0





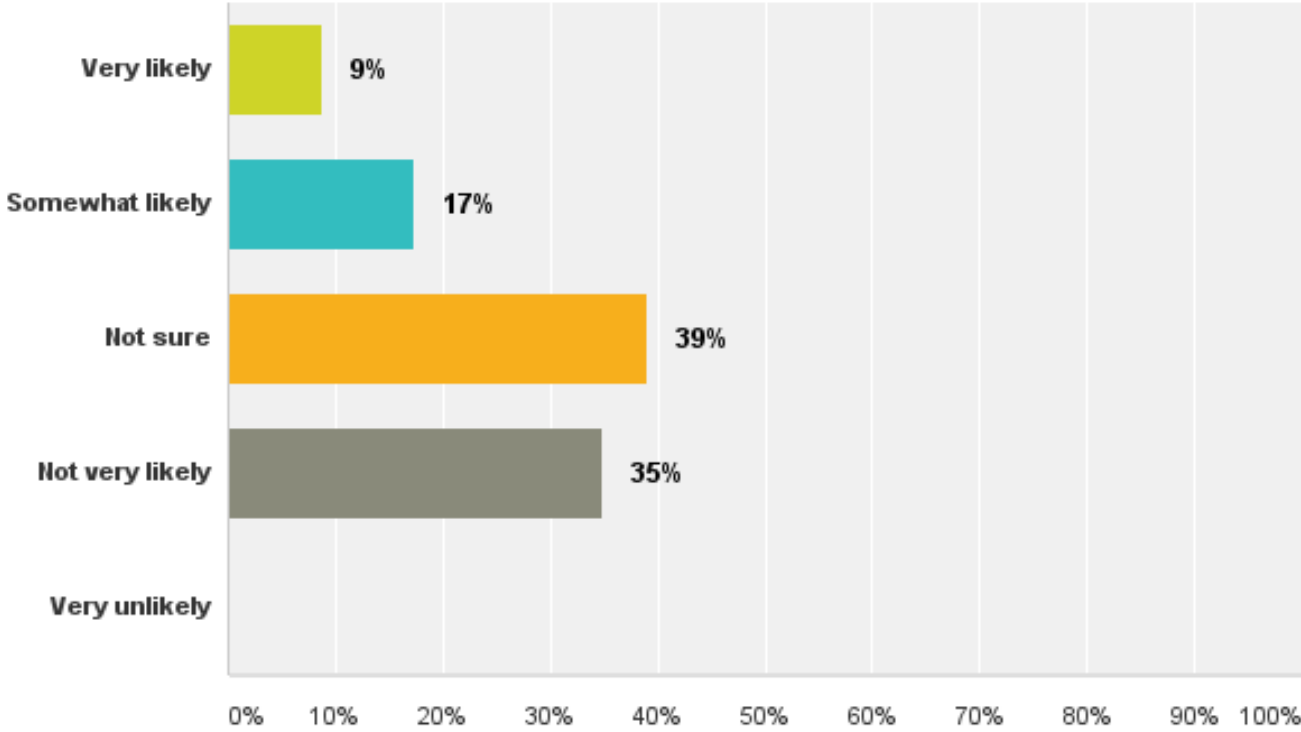
**Q3 If not, what reasons best describe why your library does not offer wellness support? (select all that apply)**

Answered: 23 Skipped: 40



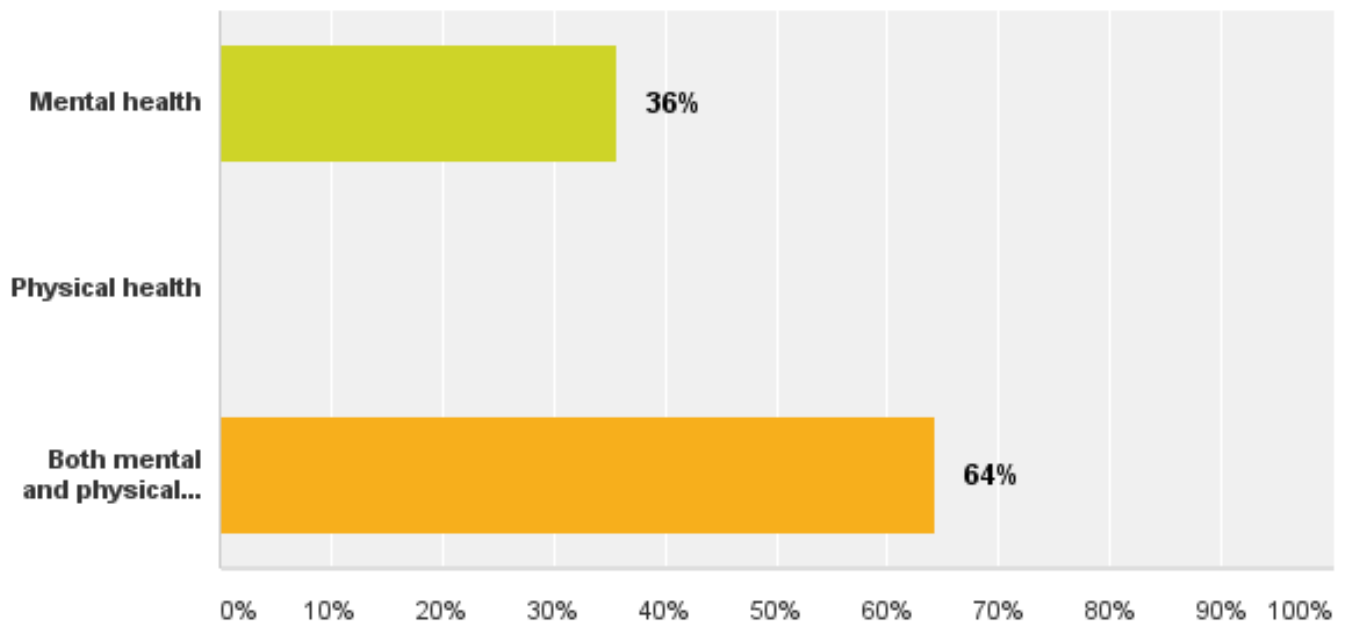
### Q4 How likely is your library to offer any types of wellness support in the future?

Answered: 23 Skipped: 40



### Q5 Are they aimed at supporting mental health (e.g. anxiety or stress), physical health, or both?

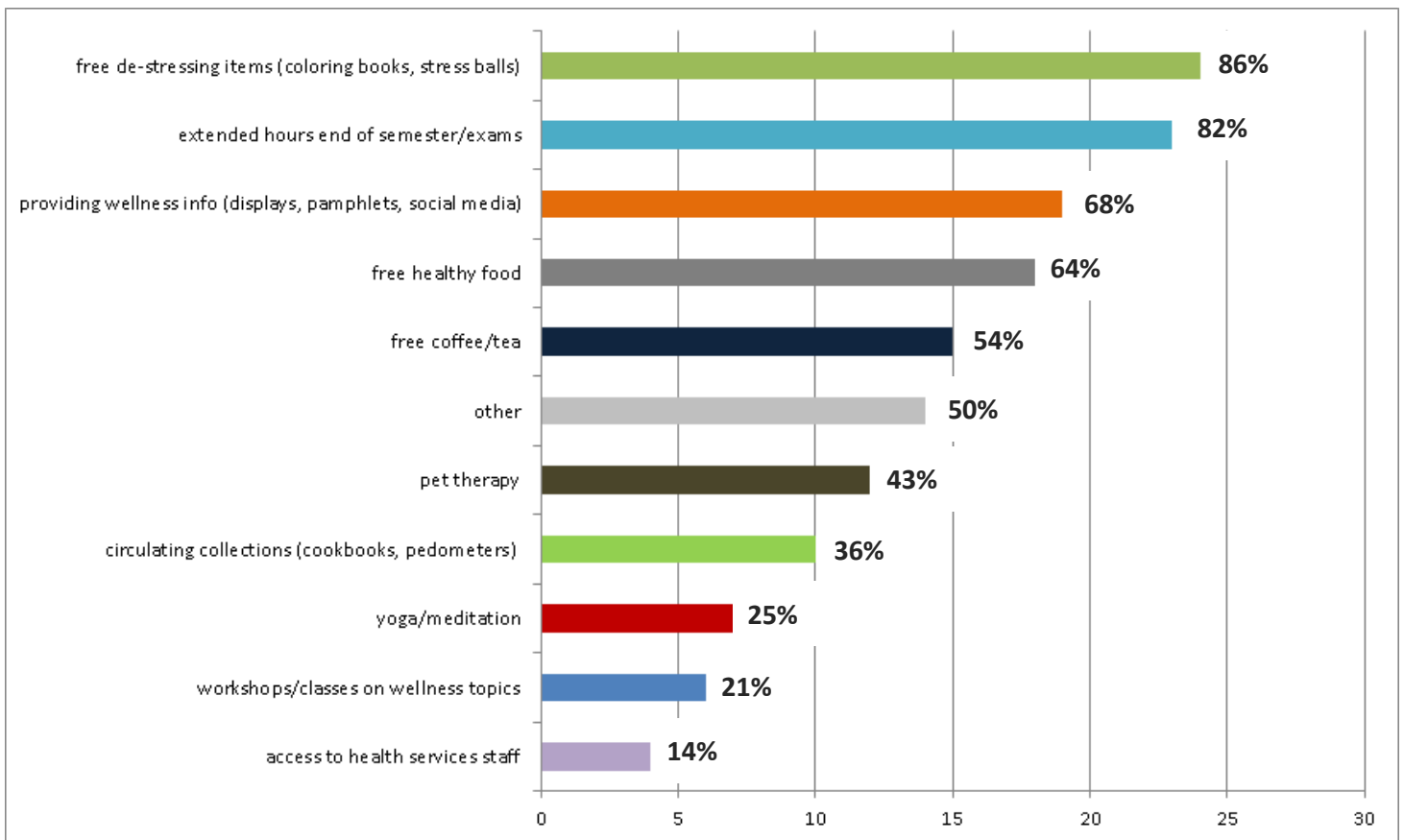
Answered: 28 Skipped: 35





## Q6 Which types of programs, services or collections have you offered?

Answered: 28 Skipped: 35



**Please tell us about any other things you've done!**

jigsaw puzzles

craft corner

Legos

treadmills

free UN-healthy snacks

beanbag chairs

5-min massages

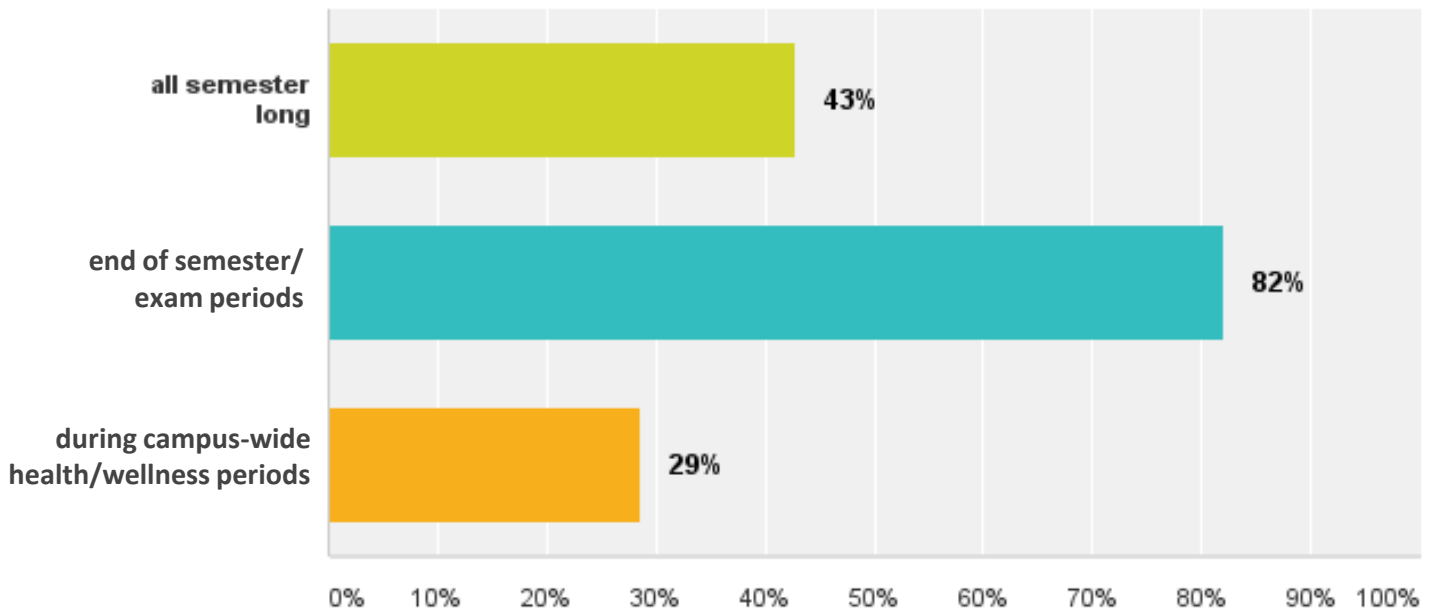
tutors in the Library

foodbank located  
in the Library

low lighting for relaxing

### Q7 When are these programs or services normally offered? (select all that apply)

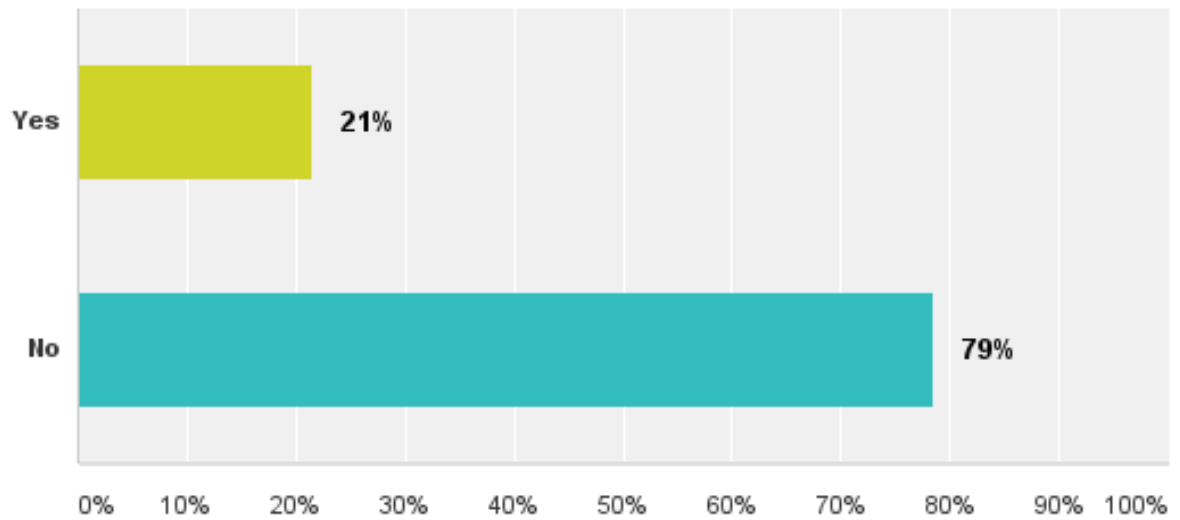
Answered: 28 Skipped: 35





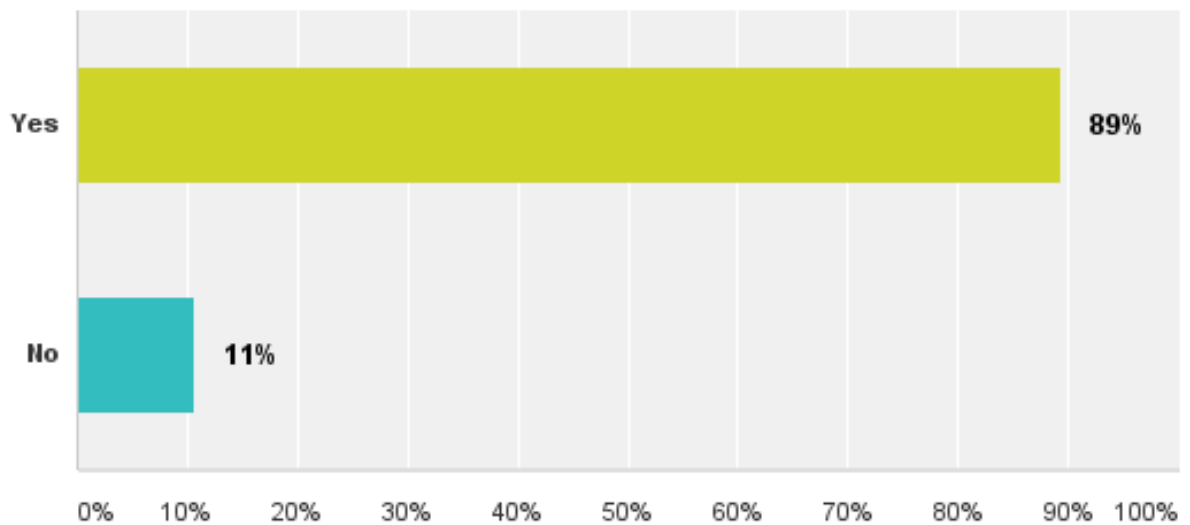
## Q8 Do you have space/s in your library dedicated specifically to wellness support?

Answered: 28 Skipped: 35



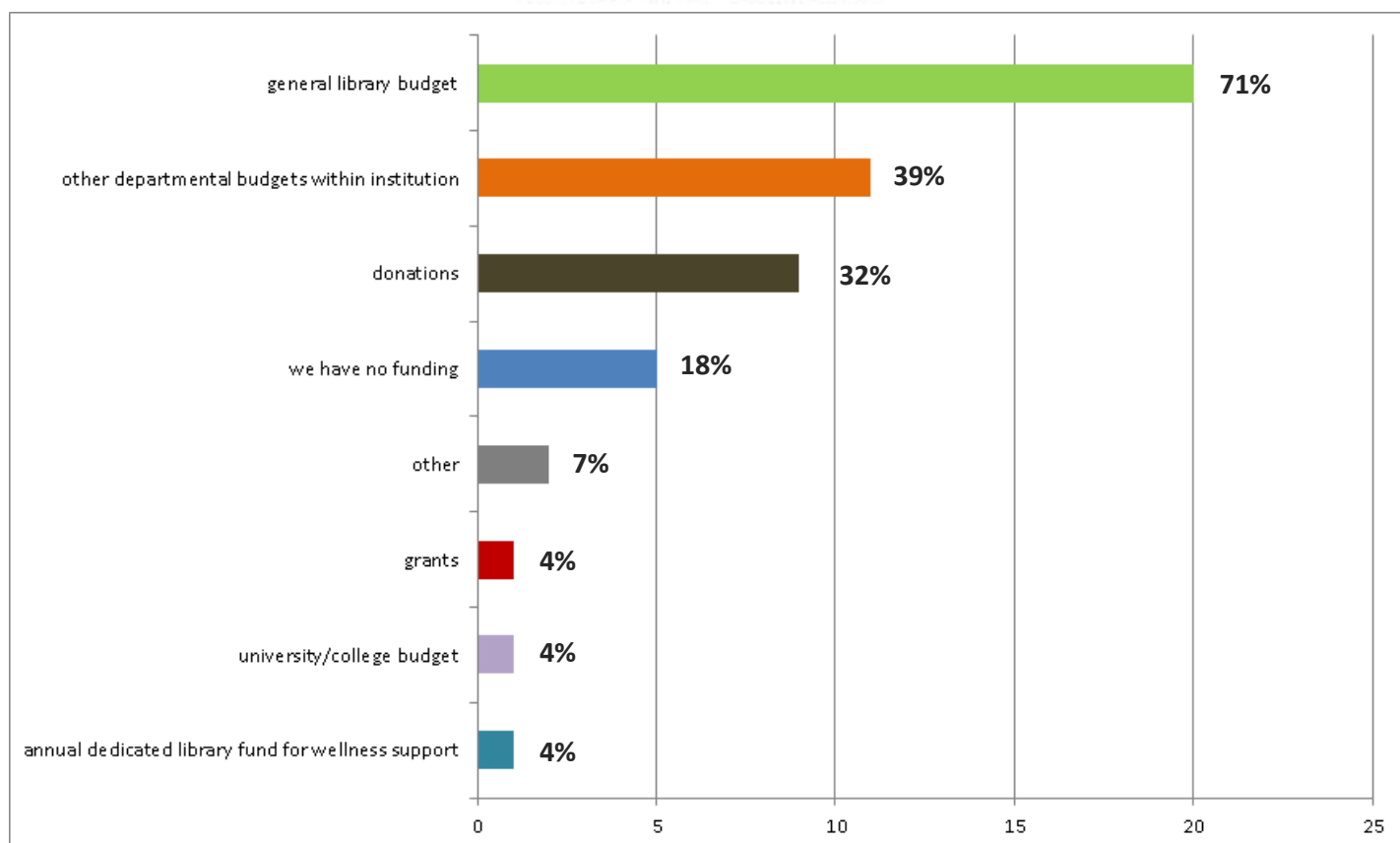
**Q9 Have you partnered with any other departments within your institution or community organizations to provide wellness support?**

Answered: 28 Skipped: 35



## Q10 Where does funding for your wellness initiatives come from? (select all that apply)

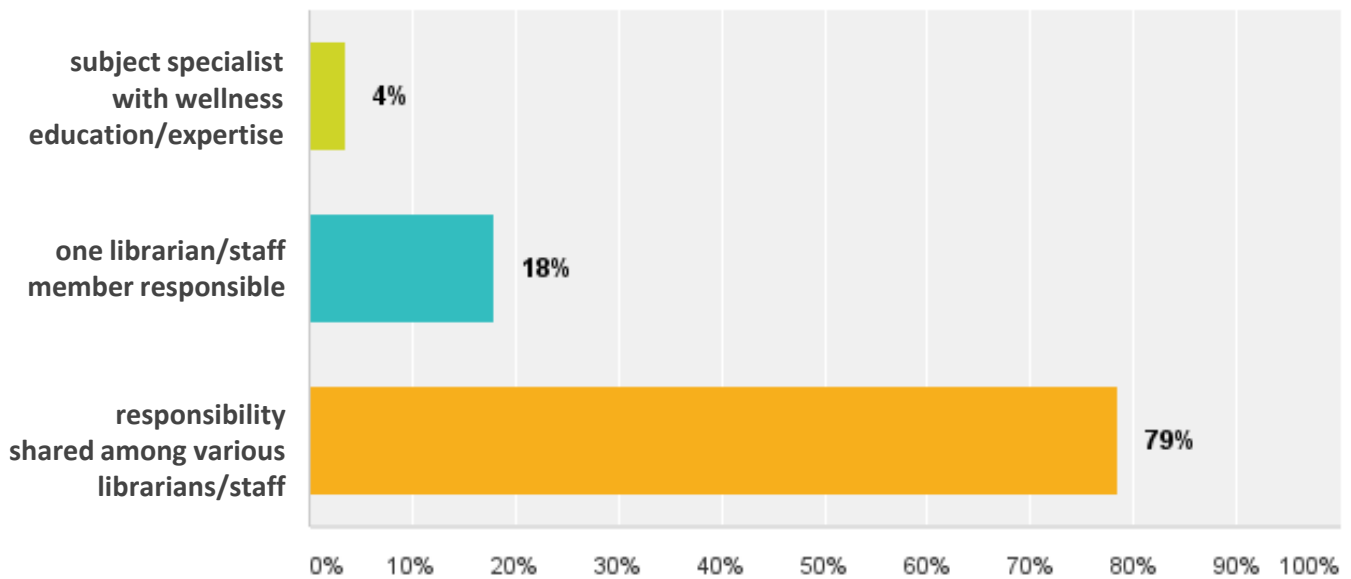
Answered: 28 Skipped: 35





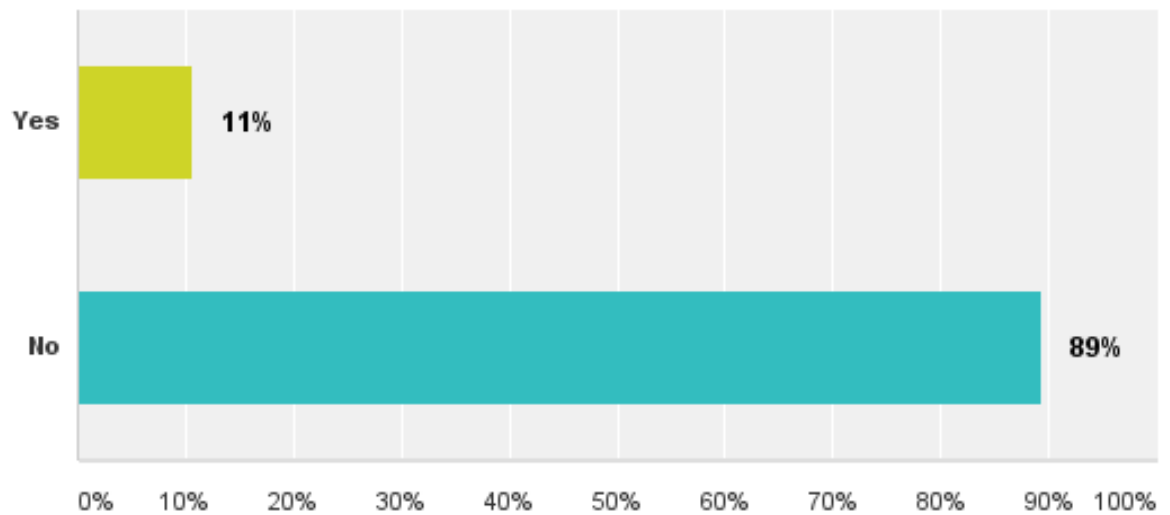
### Q11 In terms of who is responsible for wellness programs/services, which best describes your library?

Answered: 28 Skipped: 35



## Q12 Does your library have any formal policies or strategic plans that incorporate wellness?

Answered: 28 Skipped: 35



Questions?

