

We Listen, We Act: Building Resilience Through Person-Centered Initiatives

Supports for Mental Health in Academic Libraries: Scoping Review

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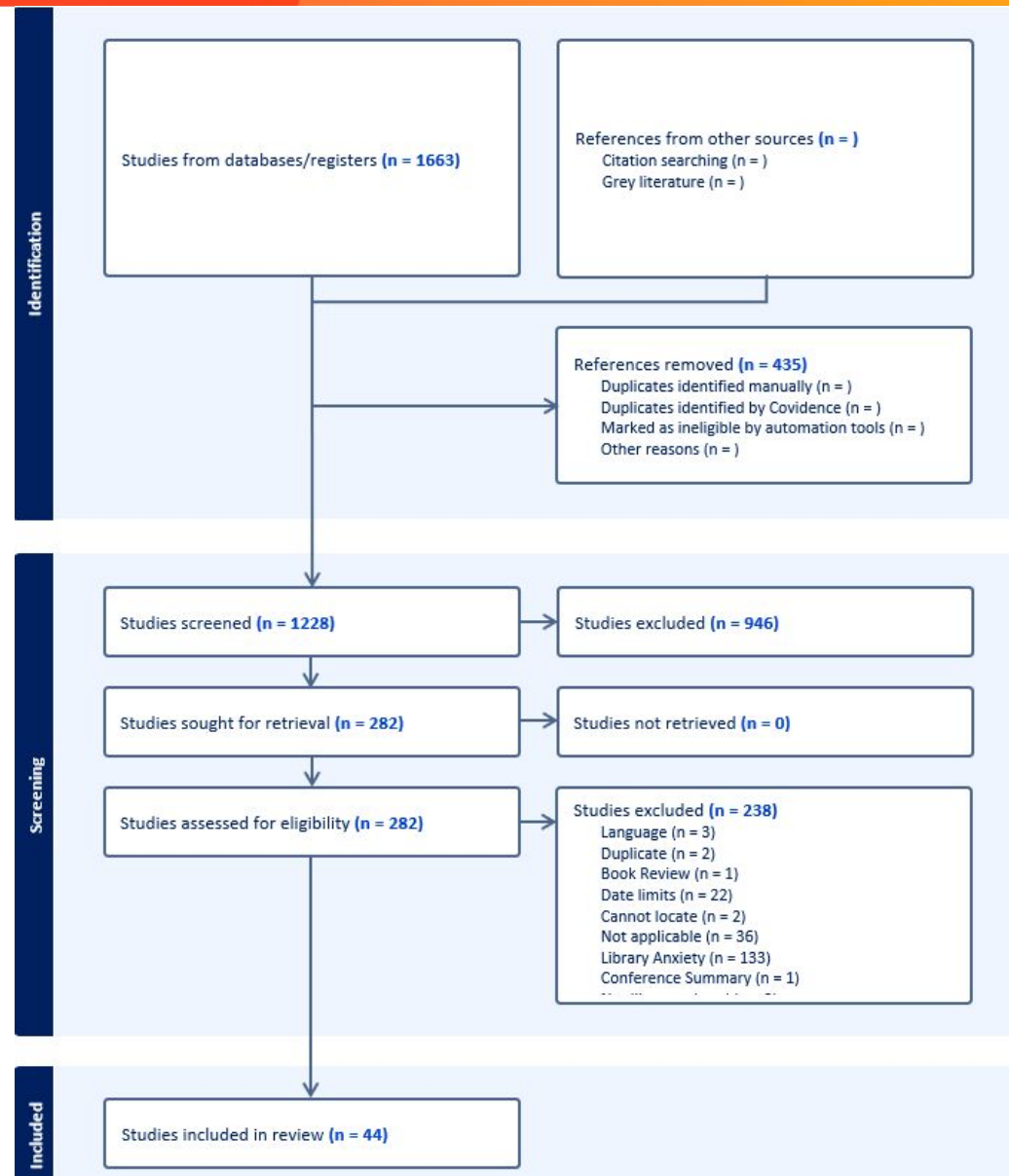
- Anxiety is the leading reason why students seek help. Since 2018, rates have risen 29% (MacDonald, 2022)
- The pandemic has exacerbated the problems faced by post-secondary students including: anxiety, depression, relationship troubles, trauma, substance abuse, among others
- In September 2022, the Mental Health Commission of Canada released the National Standard for Mental Health and Well-Being for Post Secondary Students.

Scoping Review Methodology

Used the method laid out by Arksey & O'Malley (2003)

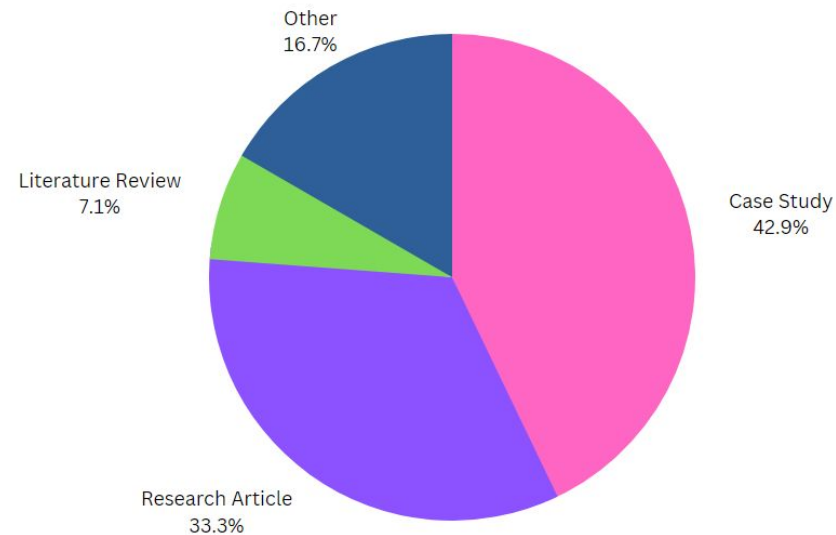
1. Identify research questions
2. Identify studies (databases searched, dates)
3. Study selection (inclusion, exclusion)
4. Charting (extraction criteria)
5. Collating, summarizing, reporting

Prisma

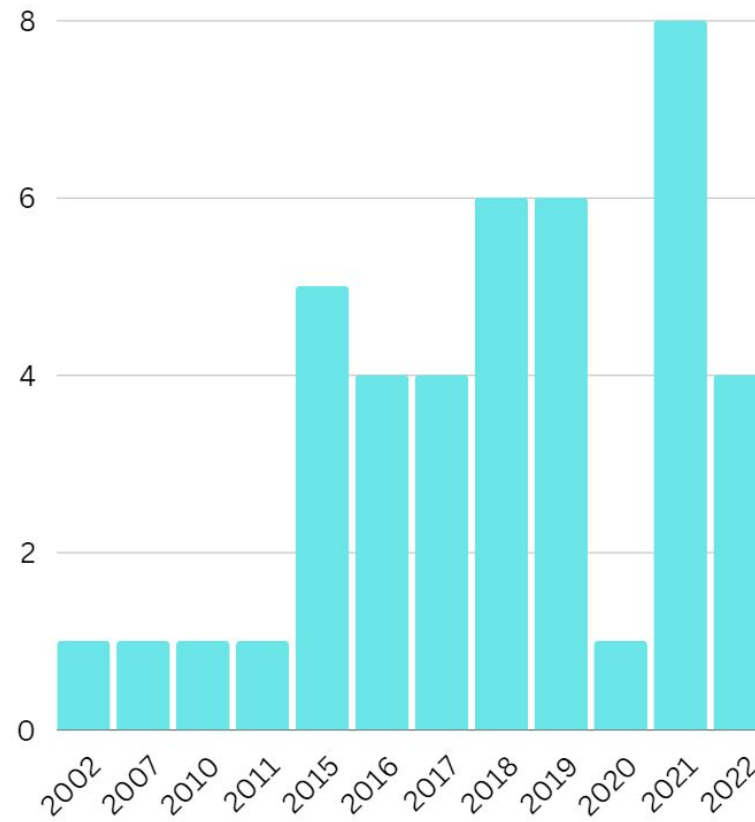


Results: Article Type

- Case study: 18
- Research: 14
- Literature review: 3
- Other (newsletter, interview, editorial, conference proceeding): 7



Publication Years



Target Populations

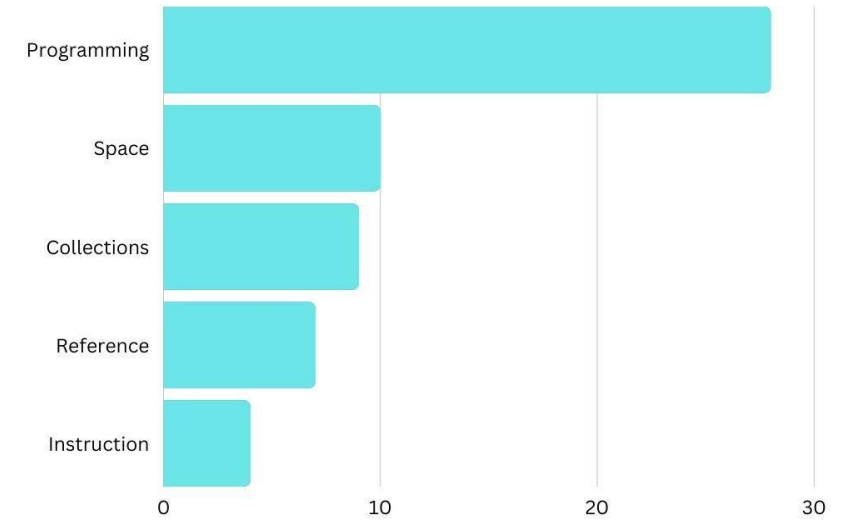
Population	N=
Not defined	31
International Students	2
Health Sciences	4
Staff	2
Non-Traditional	1
Graduate Students	1

Mental Health Conditions

- Mental health conditions were broadly examined in the literature: anxiety, depression, loneliness, culture shock, stress, digital stress, wellbeing
- Top results were: stress (broadly defined), wellbeing, and anxiety & depression (often grouped together)
- Library anxiety - this was excluded after our first screening round

Library Function or Area

- Below are the overarching library function where initiatives were implemented and number of mentions in the consulted literature (many articles described several initiatives or programs):
- Engagement/Outreach/Programming: 28
- Space Planning and Design: 10
- Collections: 9
- Reference/Access Services: 7
- Instruction: 4



Interventions

- Wellness Workshops (Yoga, health and wellness, digital wellness): 10
- Pet Therapy (dogs, cats, owls): 10
- Special Events (finals week, orientations, author readings): 9
- Displays and activities (games, colouring, crafts, etc.): 7
- Bibliotherapy/book club/leisure reading: 7
- Service Changes (extended hours, staff training): 7
- Space Design (mindfulness rooms, meditation labyrinths, naps stations, signage): 6
- Snacks: 4
- LibGuides/Online learning resources: 4



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The sounds of bubble wrap popping are still fresh in our collective consciousness!

[#LongNightAgainstProcrastination](#) was SO much fun. Great to see students enjoying themselves at [#UCalgaryLibrary](#).



Interventions: Emerging Themes

- Lots of partnerships with other units on campus, external organizations focused on health and wellness
- One off events vs. ongoing initiatives
- Informal assessment practices generally, although many articles described surveys, focus groups, and even student participation in planning events.

Discussion

- Academic libraries play a unique role in connecting students with mental health resources
- Publication years
- Partnerships
- Pandemic specific research
- Barriers to programming (budget, low cost, low effort)
- Spectrum of support (one-off versus sustained efforts)

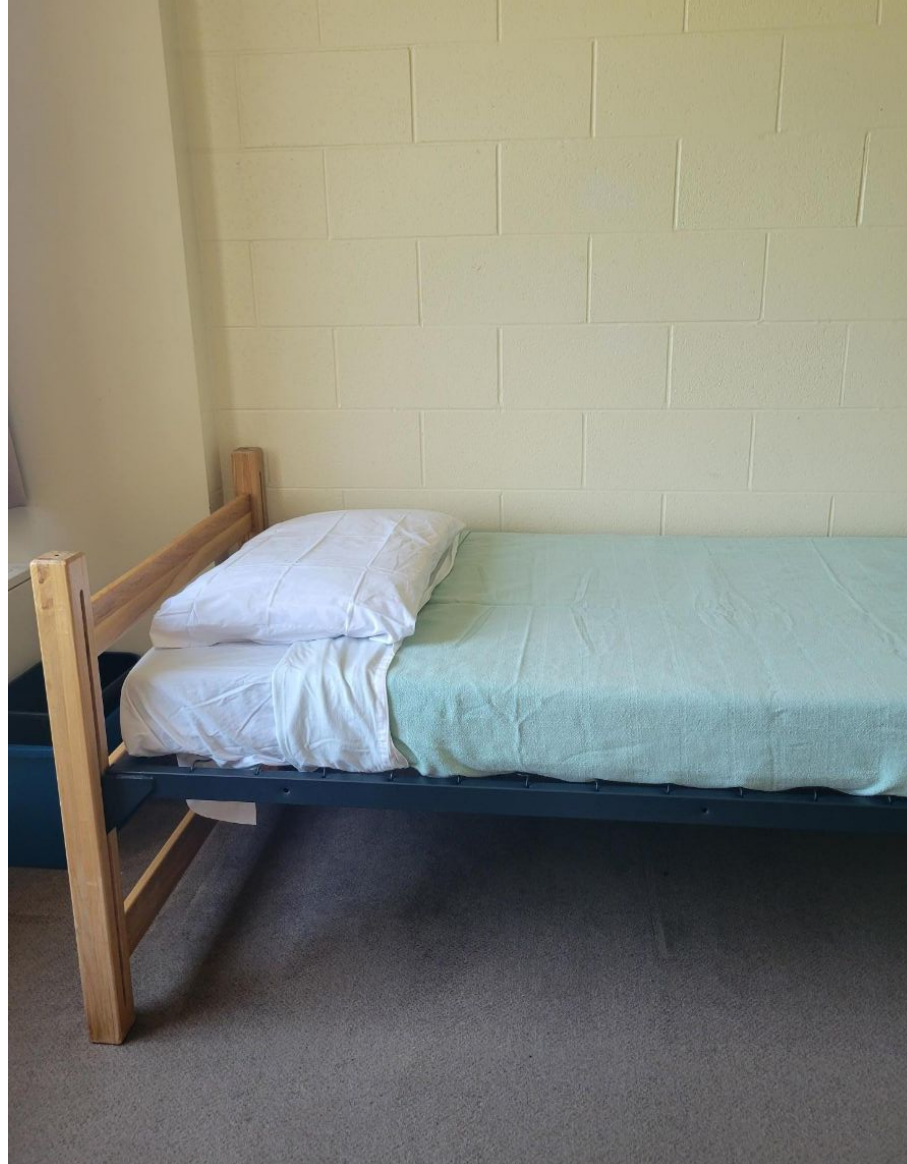
Limitations

- Library anxiety
- How do libraires define mental health?
- Mental health research is exploding in academic libraries- since the beginning of our process, many similar studies have emerged

Next Steps

- Potential research areas: MLIS programs, EDIA and mental health, specific user groups and mental health concerns
- Implementing programming: already being more aware of mental health struggles with our populations (Staff development day - neurodiversity - inclusion)

Should we be doing this?



“I have come to understand that my depression is not simply a flaw within me, a solitary problem that must be fixed through therapy, exercise, diet, medication, meditation, journalling. Rather, it is a complex experience that is produced in part by the systems in which I exist. Because of this, I wish to challenge institutions and the individuals within them to see depression as an issue of collective well-being that demands solutions beyond the typical self-care trope.”
(Van Beers, p. 39)

Thank you!

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References

