

**Faculty of Health Sciences  
Health Sciences 4620F (001)  
Foundations of Mental Health  
Mon 9:30-11:30, UCC - 63  
Fall Term 2019**

- Diagnostic and Statistical Manual of

**ATTENDANCE POLICY**

Regular attendance is expected and essential for all courses, but particularly those that include participation grades in their evaluation schemes. Participation means the 5.3 p[(gr)s004]arly

## **ESSAY INSTRUCTIONS AND FORMAT**

Essays should be 6-8 pages double-

indispensable reference source for this course. You can reference citations from this text as: (APA 2013, 10). Then include the full reference in your bibliography as follows:

American Psychiatric Association. (2013). Diagnostic Statistical Manual of Mental Disorder, Fifth Edition. Washington: American Psychiatric Association.

You can access DSM 5 online through the UWO library site and interface by typing 'DSM 5' in the online catalogue and selecting the first entry, namely, 'DSM 5'. Then all you have to do is select 'Explore the new edition'.

### **CLASS EMAIL POLICY**

- Emails that do not mention (i) the course subject designation number and (ii), the student's full name and student number, will be deleted.
- Only emails with a 'uwo.ca' address will be answered.
- Only emails that deal with administrative matters will be read.
- Questions regarding course content must be raised in class or during office hours.
- It may take up to 3 days to answer your email.

### **FILMS**

Films will be shown during regular lecture hours and all students are expected to attend. Due to logistical and practical realities surrounding the availability of films, these can only be shown once. The films are designed to enrich your experience of the materials covered in the course. But like guest lectures or other special events, they are a one-time thing. If you miss a film, do your best to discuss the film with friends. Please note that films are not available for lending under any conditions. Some films may be available through the UWO library. Please check your course outline for film titles. A set of questions – 'film questions' – will normally be made available for each film to help guide your viewing and help point you to the main issues we are concerned with. Films are study material in this sense.

### **SUPPORT SERVICES**

There are various support services around campus and these include, but are not limited to:

1. Student Development Centre -- <http://www.sdc.uwo.ca/ssd/>
2. Student Health -- <http://www.shs.uwo.ca/student/studenthealthservices.html>
3. Registrar's Office -- <http://www.registrar.uwo.ca/>
4. Ombuds Office -- <http://www.uwo.ca/ombuds/>

### **MENTAL HEALTH AND WELL-BEING**

This course deals with very serious and controversial issues in the area of mental health which may be disturbing for some students. Please speak to myself, or your academic counsellor, if you have any concerns about your own mental health and well-being in relation to course content. Western University has excellent Mental Health and Well-Being services available for students in need of additional guidance and support in this area. See Western's Health and Wellness information webpage at [http://www.health.uwo.ca/mental\\_health/index.html](http://www.health.uwo.ca/mental_health/index.html)

If you desire more information on this topic. Immediate help in the event of a crisis can be had by phoning 519.661.3030 (during class hours) or 519.433.2023 after class hours and on weekends.

As part of a successful undergraduate experience at Western, we encourage you to make your health and wellness a priority. Western provides several on-campus health-related services to help you achieve optimum health and engage in healthy living while pursuing your degree. For example, to support physical activity, all students receive membership in Western's Campus Recreation Centre as part of their registration fees. Numerous cultural events are offered throughout the year. Please check out the Faculty of Music web page (<http://www.music.uwo.ca/>), or the McIntosh Gallery (<http://mcintoshgallery.ca/>). Further information regarding health and wellness-related services available to students may be found at <http://www.health.uwo.ca/>.

If you are in emotional or mental distress, please visit Western Psychological Services (<https://www.uwo.ca/health/psych>) for a list of options for obtaining help. To help you learn more about mental health, Western has developed an interactive mental health learning module, found here: <https://uwo.ca/health/wec/education/learning.html>.

### **USE OF ELECTRONIC DEVICES**

During Exams: Unless you have medical accommodations that require (n)-und

