

TAYLOR'S ANNUAL MENTAL WELLNESS CAMPAIGN



Taylor's Annual Mental Wellness Campaign
@TaylorsUniversity

Cross Culture and Mental Health



01/10/21, 12:00 AM

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Centre for Counselling Services



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Coming from distinct cultures and backgrounds, we can all agree that we are different on some level.

But how are we different?

Education background

Education background includes the formal and informal education that one receives. As culture plays a big role in our education background, our perspectives of and interpretations on things can be different from those from a different culture.



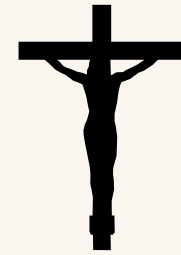
Race



Biological characteristics that distinguish a culture.

Religion

Religion is a big part of the culture. It influences the behavior and tradition of people from a culture.



Expectation/ Norms



Different cultures have different shared expectations and norms regarding one's behaviour. For example, the expected way of greeting others varies from culture to culture. *Namaste*

However, we are different people living on the same earth. We want to feel accepted, cared for, and we want to feel loved. Despite the differences, how can we support one another especially at this critical time.

How can we support one another?

Respect

Respecting how others may be even when they are different from you.



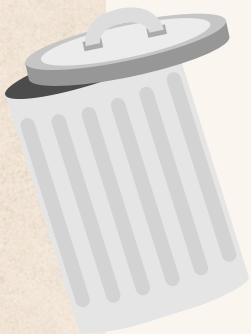
Embrace

Accept and embrace diversity with an open mind, we are all unique beings.



Challenge stereotypes

Acknowledge the biases towards a group and challenge them, because they are usually incomplete and inaccurate.



What's good about working with different sets of people?

- We can learn from one another
- It can reduce stereotypes, prejudices, and discrimination to a group
- It helps us to respect different ways of being



We're Different, We're the Same.



Centre for Counselling Services

Centre for Counselling Services (CCS)

Monday - Friday, 8am-6pm

E-sessions Available

Contact us:

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