

The AC Purple Couch™

Activity Book

This book contains information,
resources, and grounding exercises.



#ACPurpleCouch

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**DID
YOU
KNOW** ?

According to the 2016 National College Health Assessment survey of students in Ontario, students reported these factors affected their individual academic performance:

39.5% Stress

21.5% Depression

30.3% Anxiety

29.5% Sleep Difficulties

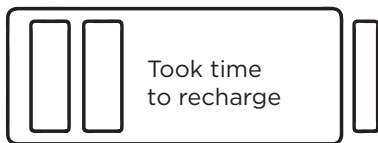
What is it?

The Purple Couch™ promotes mental health awareness amongst students and presents valuable mental health resources to support students and foster success throughout their college experience. The couch is staffed by student leaders who are trained in mental health and suicide awareness. Although they are not counsellors, they will listen and help you figure out what resources you need.

Keep your eyes open for the Purple Couch on campus. We encourage you to chat with us about mental health and collect some on-and-off campus resources!



Colour in your Badges!



What is mindfulness?

Mindfulness is the ability to be fully present, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us. It can help many people to calm their worries, reduce stress, and generally calm down negative feelings. mindful.org/what-is-mindfulness

Try this grounding activity to be aware of what is around you!

Name: _____



5 things you can see _____



4 things you can hear _____



3 things you can touch _____



2 things you can smell _____



1 thing you can taste _____






It's a-maze-ing to talk about mental health!



Purple Couch

Q K T G E V E R Y O N E M O V T T E M T S I R
E P J N C I D S E L F C A R E F O H A Q S K S
Y R K B O B U B B L E B A T H P R Q C K P Z R
T E A I U X S Z Q E D B Q T P H K D E S I S U
I C I X N L U J H C U O C E L P R U P W H G K
N O N L S C O M M U N I C A T I O N N G S N J
U V H Q E S A G E S S E N L U F D N I M N I X
M E V M L K X M D N E G G W I S X N I W O G H
M R E P L Y P O P R C T D A L G O N Q U I N H
O Y Y J I Q A U M G R O U N D I N G Z Q T A C
C A S F N J Q G J S E C R U O S E R G X A H J
S R H D G D I K B Z P J L W J Z J J Q Q L C B
A W A R E N E S S O S T I G M A W A X W E F C
G A E J M N W G D J E I Z W M F H R I V R G K
L V G Z E B H D F A Y E V O L H U C E Z E W T
S S O N W U G R R U R E C O V E R Y G V I L J

Find the following words in the puzzle.

Words are hidden     and .

SELF CARE
RESOURCES
BUBBLE BATH
CHANGING
RELATIONSHIPS
COMMUNITY
PURPLE COUCH

EVERYONE
GROUNDING
LOVE
MINDFULNESS
COUNSELLING
RECOVERY
ALGONQUIN

RELATIONSHIPS
AWARENESS
RECOVERY
STIGMA



Colour yourself calm.



MY

SELF-CARE PLAN

	Go for a walk
	Talk to a trusted loved one
	Take a 20-minute catnap

What We Chatted About:

Helpful Apps:

- Healthy Minds Welltrack _____
(usercode: algonquincollege)

algonquincollege.com/counselling/web-based-self-help-tools



RESOURCES

ALGONQUIN COLLEGE	ROOM	613-727-4723
Counselling Services	E341	ext. 7200
Centre for Accessible Learning	E341	ext. 7200
Employment Support Centre	E341	ext. 7200
Financial Aid and Student Awards	Student Central	613-727-0002
Health Services	C141	ext. 7222
International Education Centre	Student Central	ext. 7031
Library	A158	ext. 5834
Mamidosewin Centre	E122	ext. 7186
Office of the Ombudsman	E112	ext. 6835
Registrar's Office	Student Central	613-727-0002
Welcome Centre	E341	ext. 7200
Other:		
EMERGENCY	ROOM	613-727-4723
Security	T124	ext. 5000
Student Distress Hotline		ext. 7300

OTTAWA COMMUNITY	
Crisis Line	613-722-6914
Distress Centre	613-238-3311
Good2Talk	1-866-925-5454 or 2-1-1
Hopewell – Eating Disorders	613-241-3428
Ottawa Community Immigrant Services	613-725-0202
Rideauwood Addiction & Family Services	613-724-4881
Ottawa Addiction Access and Referral Service	613-241-5202
Sexual Assault Support Centre of Ottawa (SASC)	613-234-2266
Ottawa Rape Crisis Centre (ORCC)	613-562-2333
Housing Help	613-563-4532
Other:	

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