



Supporting Mental Health for Post-Secondary Students

A New Standard is Coming
in 2020



Mental Health
Commission
of Canada

Commission de
la santé mentale
du Canada

Financial contribution from



Health Canada Santé
Canada Canada



With **2 million students**
in post-secondary institutions in Canada,
**mental health is a growing
and pressing societal problem.**



The Mental Health Commission of Canada (MHCC) wants
to help post-secondary institutions
**support and promote mental health
and wellbeing for students.**



The Mental Health Commission of Canada, in collaboration
with CSA Group (standards organization), is leading the
**development of a Standard on
Psychological Health and Safety
for Post-Secondary Students.**



75%

of mental health illnesses
are first diagnosed between
age **16 and 25**



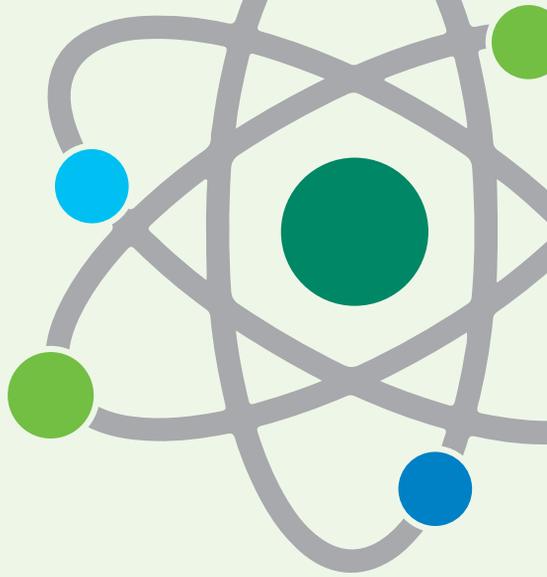
46%

of students told the
2016 National College
Health Assessment
(Canadian Reference Group)
they were so depressed
in the previous year **it was
difficult to function**



65%

reported feeling
overwhelming anxiety



What is this **STANDARD?**

It's a set of voluntary, flexible guidelines to help Canada's academic institutions promote and support the psychological health, safety and success of their students.

The **PRINCIPLES GUIDING** this Standard

- Student-centred
- Equity and inclusion
- Knowledge-informed
- Health promotion and reducing harm
- Thriving community and culture of wellbeing





We asked for **INPUT**

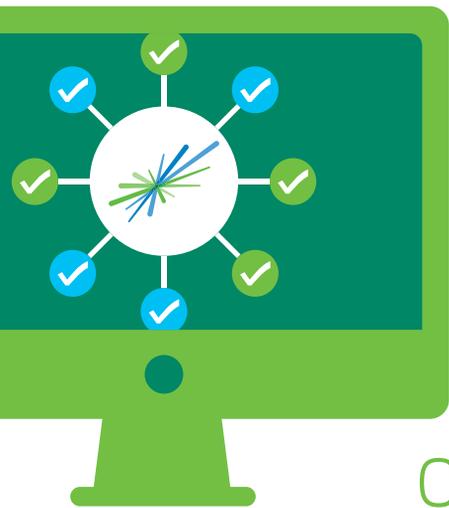
After taking time to understand the problem through research and development in 2018, the MHCC and partners engaged individuals from coast to coast to coast, to inform the Standard.

Our **INITIATIVES**

- ✓ Created an online survey with **2,400+** responses
- ✓ Led **interactive discussions** at local, regional and national conferences
- ✓ Hosted **dialogue events**
- ✓ Partnered with over **60 organizations** dedicated to engaging their communities
- ✓ Created a **Dialogue in a Box toolkit** to help individuals host their own dialogues. It was downloaded 700 times and we received 70+ submissions.

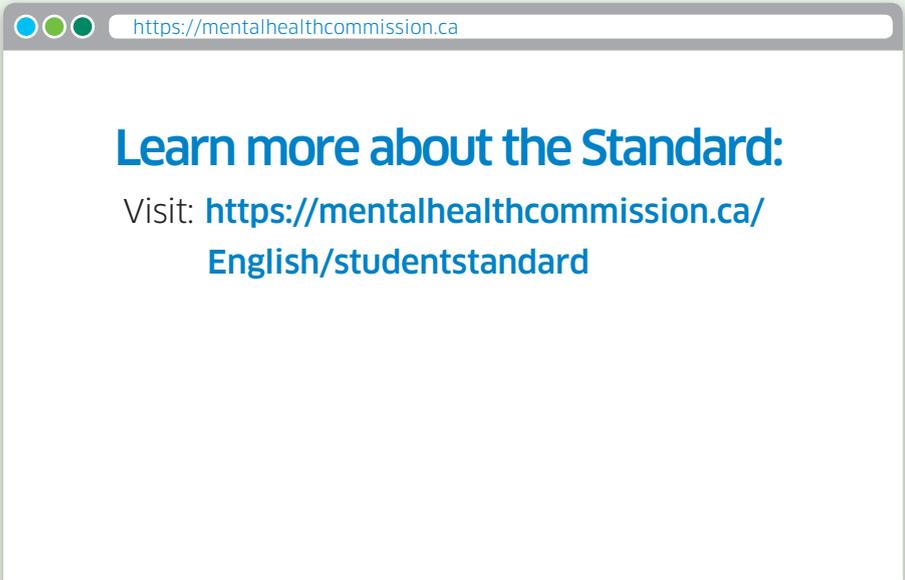
We heard from **THOUSANDS OF INDIVIDUALS** from coast to coast to coast

- Students
- Post-secondary institutions
- On and off campus service providers
- Staff, faculty and administration at post-secondary institutions
- People who have experienced mental health challenges
- Community groups



Our **QUESTIONS**

- What works well to promote student mental health?
- Which promising or best practices are you aware of that are helping to promote and support student mental health?
- What barriers do students face in seeking to attain optimum mental health?
- What would you like post-secondary institutions to address to better support students and their mental health needs?



Visit our website for **THE LAUNCH**

of the Standard on Psychological Health
and Safety for Post-Secondary Students
coming in 2020



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