



Post-Secondary Student Mental Health

PROMOTING STUDENT SUCCESS

Pursuing post-secondary education can be exciting and challenging. It's an important time to be aware of how to maintain optimal mental health and how to deal with issues when they occur.

75%

of first-time mental health diagnoses occur between the ages of 16 and 25.

50%

of students use campus mental health services with 10% being seen in urgent or crisis situations.

A new Standard to support student Mental Health and Wellness

The Mental Health Commission of Canada (MHCC) has started a two-year project to develop a Standard on Psychological Health and Safety for post-secondary students. These guidelines will help Canada's post-secondary institutions promote and support student psychological health and safety, and support student success. The Standard will build upon and learn from many outstanding programs, frameworks, and promising practices that exist.

Get involved! #studentsuccess

To learn more about the Standard, visit our webpage: mentalhealthcommission.ca/English/studentstandard or contact studentstandard@mentalhealthcommission.ca

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