



Supporting Mental Health and Well-Being for Post-Secondary Students

A New National Standard
is available

The MHCC has listened
to diverse perspectives
from coast to coast to coast



Mental Health
Commission
of Canada

Commission de
la santé mentale
du Canada



Financial contribution from

Health Canada Santé
Canada Canada



Many post-secondary learning environments
**are seeing an increase
in students presenting
with mental health concerns.**



52%

of students told the 2019 National College Health Assessment (Canadian Reference Group) they were so depressed in the previous year **it was difficult to function**



69%

reported feeling **overwhelming anxiety**



75%

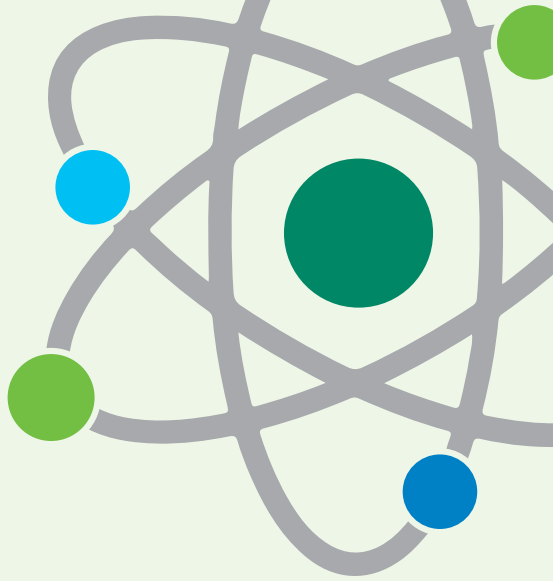
of mental health problems have been first diagnosed between the **ages of 16 and 24**, when many are in or just out of post-secondary education



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



The MHCC, in collaboration with CSA Group (standards development organization),
**has led the development of
the Standard - the first of its kind
in the world.**



What is this **STANDARD?**

- It's a set of voluntary, flexible guidelines to help Canada's post-secondary institutions promote and support the mental health, well-being, and success of their students.
- The CSA Group Technical Committee, made up of diverse experts and stakeholders in the field, are responsible for developing the Standard's content.

The **PRINCIPLES** **GUIDING** this Standard



- Student-centred
- Equity, diversity and inclusion
- Knowledge-informed
- Health promotion and reducing harm
- Thriving community and culture of well-being
- Continuous improvement



We asked for **INPUT**

After taking time to understand the problem through research and development in 2018, the MHCC and partners supported the development of the Standard through countrywide community dialogues and engagements, representing a diverse cross-section of individuals and institutions.



We heard **THOUSANDS OF PERSPECTIVES** from

- Students
- On and off campus service providers
- Staff, faculty and administration at post-secondary institutions
- People with lived and living experience of mental health problems or illnesses
- Community groups
- Equity-seeking groups



INITIATIVES

by the MHCC and its partners
to inform the Standard

- ✓ Conducted an online survey with **2,400+** responses
- ✓ Led **interactive discussions** at local, regional and national conferences
- ✓ Hosted **dialogue events** and **information sessions**
- ✓ 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 data from 70+ public dialogues

PUBLIC REVIEW of the draft Standard

During the 60-day public review of the draft Standard

- More than 1,700 comments were shared on CSA Group's public review web page
- The MHCC received input from 14 focus groups (more than 230 people) representing diverse perspectives and key interests

The CSA Group Technical Committee considered this feedback in developing the first edition of the Standard.

These **VOLUNTARY GUIDELINES**

will help students, institutions, service providers, staff, faculty, and other key partners work more collaboratively to

1. raise awareness and decrease stigma around mental health
2. increase access to student supports, on and off campus
3. promote healthy life and resiliency skills students can use at school, work, and in daily life
4. provide healthier and safer institutional environments
5. improve opportunities for student success



Visit our website to:

- Access your copy of the Standard
- Download the Starter Kit
- Join the community to access supportive resources

mentalhealthcommission.ca/English/studentstandard



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Key partners:

