

Mental Health
Commission
of Canada

Commission de
la santé mentale
du Canada

The Standard for Psychological Health and Safety for Post- Secondary Students

Nov 21, 2018 | CICMH Conference

Nitika Rewari, Manager | Mental Health Commission of Canada

Polly Leonard, Program Manager | Mental Health Commission of Canada

ORDER OF EXCELLENCE

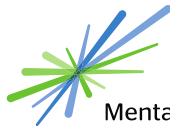


MENTAL HEALTH AT WORK® RECIPIENT

We would like to begin by acknowledging that the land on which we gather is the traditional territory of the Wendat, the Anishnaabeg, Haudenosaunee, Métis, and the Mississaugas of the New Credit First Nation.

Establishment of Canada's first Standard for Psychological Health and Safety of Post-Secondary Students

Project Leads



Mental Health
Commission
of Canada

Commission de
la santé mentale
du Canada



**CSA
Group**

Funding Partners



Other Partners



Colleges and Institutes Canada
Collèges et instituts Canada



**Universities
Canada.** **Universités
Canada.**

Project Objectives



1. Development of a National Standard for Psychological Health and Safety of Post-Secondary Students



2. Community Engagement *INFORM-DIALOGUE-COLLABORATE-ACT*



3. Tools and resources for institutions



4. Indicators for success



5. Uptake of the Standard by institutions



Commission de
la santé mentale
du Canada

Mental Health
Commission
of Canada

Environmental Scoping Review

Heather Stuart, PhD, Professor and Bell Canada Mental Health and Anti-Stigma Research Chair, Queen's University

Brooke Linden, MA PhD Candidate

Samantha Grey MSc Student



Stress on Campus



Scoping Review Highlights



Special Subpopulations



Coping and Help Seeking



Programs/Interventions

Key Themes and Needs

Campus
environment

Standard

Partnerships

Substance use
& harm
reduction

Whole-campus
approach

Student
centeredness

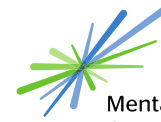
Prevention to
treatment

Knowledge
exchange &
evaluation plan

Anti-stigma &
awareness

Training

Monitoring



Mental Health
Commission
of Canada

Commission de
la santé mentale
du Canada

Discussion

Working

What is working right now to support student mental health?

Best/Promising Practices

What are some promising or best practices on campus supporting, promoting or strengthening student mental health?

Barriers

What are the barriers to students having optimal mental health?

Content

What do you want to see addressed in the standard?

merci
beaucoup

Get Involved



 @MHCC_  /theMHCC  /Mental Health Commission of Canada

 @theMHCC  /1MHCC



studentstandard@mentalhealthcommission.ca



#StudentSuccess #RéussitedesÉtudiants

Mental Health Commission of Canada / Commission de la santé mentale du Canada
350 Albert Street, Suite 1210 / 350, rue Albert, bureau 1210 / Ottawa, ON Canada K1R 1A4
O/B: 613-683-3922 / C: 613-552-0982 / F: 613-798-2989
www.mentalhealthcommission.ca / www.commissionsantementale.ca