

Crisis on Campus:

**Youth Advocates**

**Bridging**

**Institutional Gaps**

**Raise Your**

**Hand If You...**

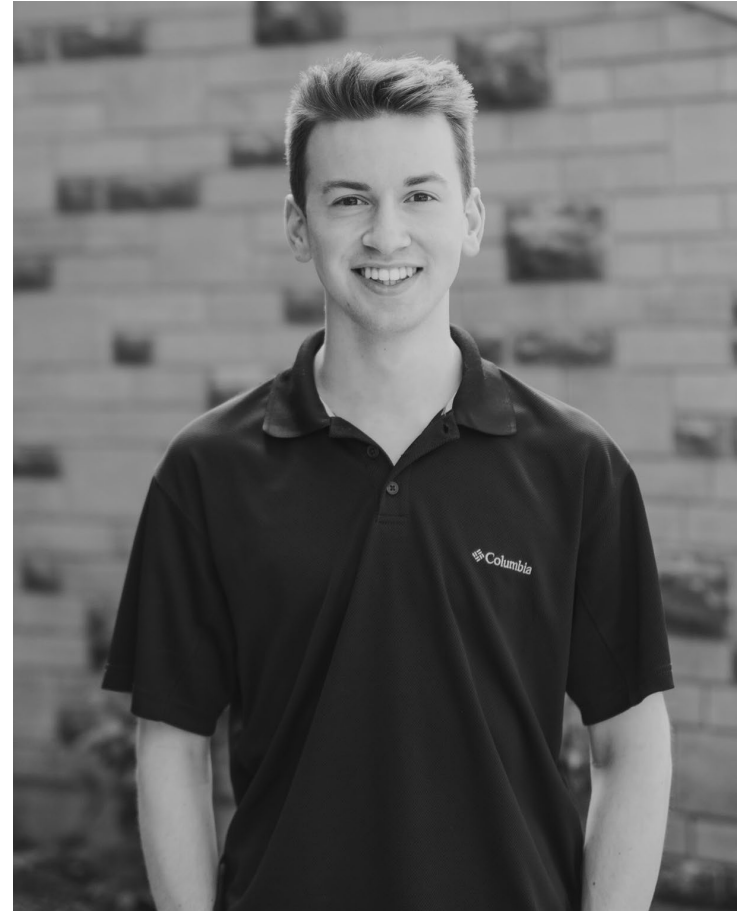
## Ben Sabic

- Humber College Student  
Advanced College Diploma, Sport Management (2018-2021)
- Kids Help Phone National Youth Council  
Chairperson (2017-2018) | Member-at-Large (2016-2017)
- Council of Youth Mental Health Champions  
Founding Chairperson (2018- Present)
- WE Day Speaker  
WE Day Manitoba 2017
- National Event Planner



# Matthew McLaughlin

- McGill University Student
- Students' Society of McGill University
- Kids Help Phone National Youth Council
- Centre for Addiction and Mental Health  
National Youth Action Committee
- ACCESS Open Minds National Youth Council



# Julia Caddy

- McGill University Student
- Jack.org Network Representative
- Kids Help Phone National Youth Council
- Students in Mind Conference
- Alberta Children's Hospital Foundation



# Megan Van Massenhoven

- Outreach Manager, Good2Talk  
Ontario's Post-Secondary Student Helpline
  - Visit Campuses Around Ontario
  - Train University/College Staff
  - Manage Student Volunteers
- Community and Youth, Kids Help Phone
  - Chair, Youth Engagement Committee
  - LivingWorks safeTALK Trainer



**From your perspective, what is the state of the current mental health environment on campuses?**

**6,610 Students**

Attempt *or* Seriously Consider Suicide

**8,055 Students**

Treated For Some Form of Anxiety

**19,438 Students**

Feel So Depressed It Is Difficult To Function



**What action can students take to  
'fill the gaps' / address their own  
mental health?**

**How can institutions and  
community organizations empower  
students to fill the current gap?**

# Youth Advocates Bridging Institutional Gaps