



MENTAL HEALTH + WELLBEING

are essential for student success and learning

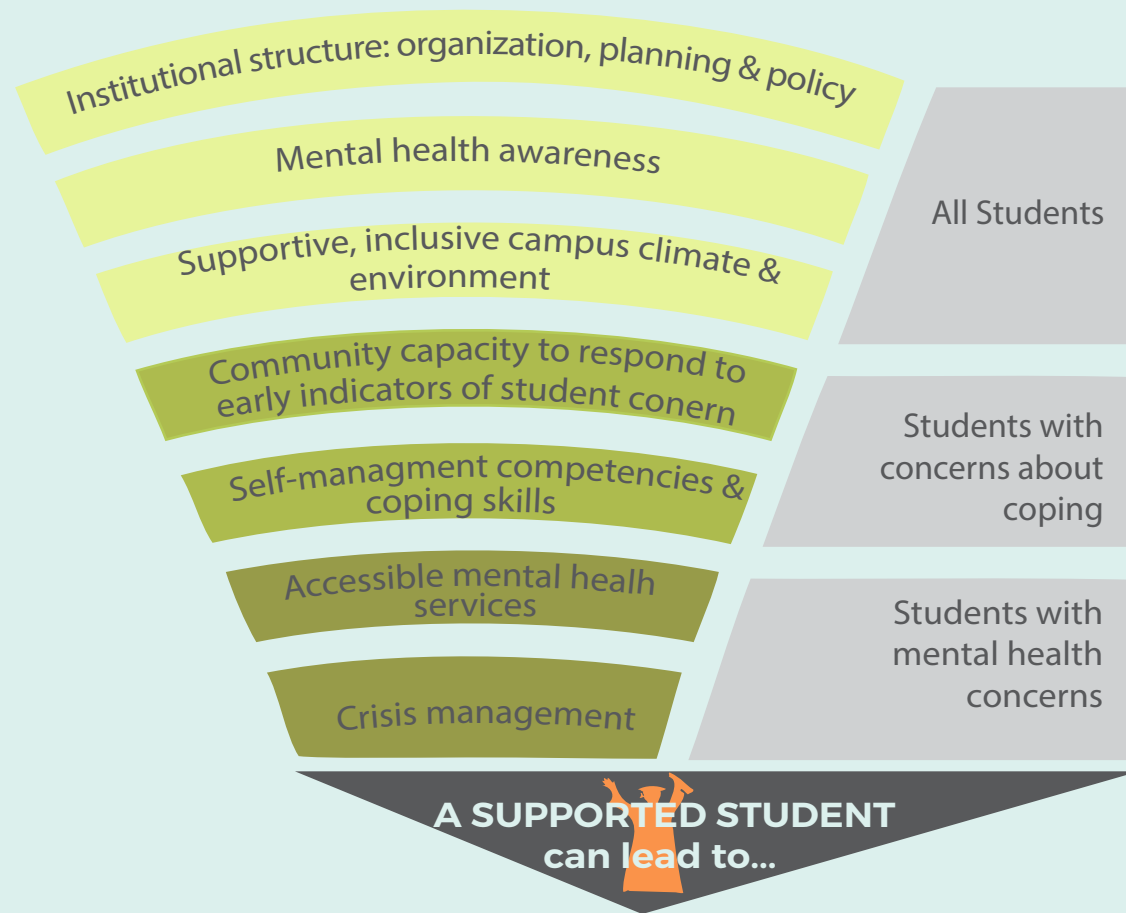
Almost **3/4 of students** feel "overwhelming anxiety"

This CACUSS framework suggests essential components for a systemic campus mental health strategy. Building partnerships with surrounding community agencies is also considered a promising approach.

70% of mental health issues have their onset between the ages 18-25

60% have felt "so depressed that its was difficult to function."

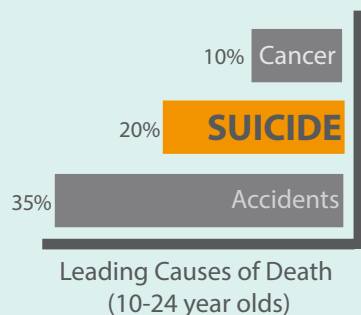
Young People (15-24) are the most likely to experience **mental illness and/or substance abuse disorders** than any other age group



2011 → **2015**

Student use of mental health services & the complexity of presenting issues is increasing

40% of students use mental health services by their final year and many are seen in urgent or crisis situations



BENEFITS FOR THE STUDENT
 | improved learning | increased resilience & coping skills | better grades | increased connection to school | happier, more productive, engaged individuals |

BENEFITS FOR THE CAMPUS
 | increased student retention | improved student satisfaction & engagement | improved alumni relations | good for the bottom line \$\$ |



CENTRE FOR INNOVATION IN Campus Mental Health

