CENTRE FOR INNOVATION IN
CAMPUS MENTAL HEALTH

Post-Secondary Student Mental Health Strategies in Ontario

This document provides some examples of mental health strategies within various post-secondary institutions in Ontario. We have also included documents with relevant recommendations put forward by some campuses on creating mental health policy and strategy. This is not an exhaustive list as some of the documents cannot be accessed online. If you would like to see your campus on this list or would like us to update one of the links below, please contact: **info@campusmentalhealth.ca.**

Definitions

- **Mental Health Policy** – Statements that provide direction for mental health services that reflect the organizations principles, intent and values.
- **Mental Health Strategy** – A collection of steps and plans to achieve goals related to mental health. This can include how to execute policies.
- **Mental Health Framework** – An overall plan or structure that guides strategy execution and provides tools and boundaries for implementation.

University Mental Health Strategies/Recommendations

- **Carleton University** – Student Mental Health Framework
- **Lakehead University** – Our Trail to Wellness
- **Laurentian University** – Recommendations for Improved Wellness and Mental Health
- **McMaster University** – Student Mental Health and Well-Being Strategy
- **Queen's University** – Queen's Student Mental Health and Wellness Framework and Recommendations for a Comprehensive Strategy*
- **University of Guelph** - Student Mental Health Report: Institutional Structure
- **University of Ottawa** – Strategic Framework for the Mental Health and Wellness of All
- **University of Toronto** – Mental Health Framework*
- **University of Windsor** – Student Mental Health Strategy*
- **York University** – Mental Health Strategy*

College Mental Health Strategies

- **Canadore College** – Student Mental Health and Well-Being Strategy
- **Confederation College** – Student Mental Health and Well-Being Strategy*
- **Durham College** – Mental Health and Well-Being Framework
- **Georgian College** – Mental Health and Well-being Strategic Plan
- **Humber Polytechnic** – Well-being Strategy
- **St Clair College** – Mental Health Strategy

* - Created proir to 2020