

## References

1. Rostek MA. Making sense of the future of post-secondary education. Paper presented at: Higher Education in Transformation Symposium; 2016 Nov 2-6; Oshawa, ON.
2. Johnson N, Seaman J, Seaman J. A hopeful future? Preparedness and optimism–pessimism about the future of post-secondary education. *Open Praxis*. 2024;16(3):311-25. doi:10.55982/openpraxis.16.3.603
3. Murthy RS, Lakshminarayana R. Mental health consequences of war: a brief review of research findings. *World Psychiatry*. 2006;5(1):25-30.
4. van Nieuwenhuizen A, Hudson K, Chen X, Hwong AR. The effects of climate change on child and adolescent mental health: clinical considerations. *Curr Psychiatry Rep*. 2021;23(12):88. doi:10.1007/s11920-021-01296-y
5. GreenShield, Mental Health Research Canada. Economic pressures have left over 80% of Canadian youth feeling stressed and anxious about their future yet barriers to accessing mental health support persist [Internet]. Toronto: Newswire; 2025 [cited 2025 Dec 2]. Available from: <https://www.newswire.ca/news-releases/economic-pressure-have-left-over-80-of-canadian-youth-feeling-stressed-and-anxious-about-their-future-yet-barriers-to-accessing-mental-health-support-persist-897855767.html>
6. Limone P, Toto GA, Messina G. Impact of the COVID-19 pandemic and the Russia-Ukraine war on stress and anxiety in students: a systematic review. *Front Psychiatry*. 2022;13:1081013. doi:10.3389/fpsy.2022.1081013
7. Mowreader A. College students lack housing, food, reliable transportation [Internet]. Washington, D.C.: Inside Higher Ed; 2025 [cited 2025 Nov 18]. Available from: <https://www.insidehighered.com/news/student-success/college-experience/2025/04/29/college-students-lack-housing-food-reliable>
8. Satici SA, Gocet Tekin E, Deniz ME, Satici B. Doomscrolling Scale: its Association with Personality Traits, Psychological Distress, Social Media Use, and Wellbeing. *Appl Res Qual Life*. 2023;18(2):833-47. doi:10.1007/s11482-022-10110-7
9. Tavalacci M, Ladner J. Eco-anxiety: an additional burden for university students? *Eur J Public Health*. 2024;34(Suppl 3):ckae144.1352. doi:10.1093/eurpub/ckae144.1352
10. Riba EB. Towards defining the faculty role in supporting student mental health. *Curr Psychiatry Rep*. 2025; 27:319-25. doi:10.1007/s11920-025-01599-4
11. Brewer M, van Kessel G, Sanderson B, Carter A. Enhancing student resilience by targeting staff resilience, attitudes, and practices. *High Educ Res Dev*. 2021. doi:10.1080/07294360.2021.1877622