Post-Secondary Student Mental Health

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WHAT IS MENTAL HEALTH?
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“A state of complete physical, mental, and social well-being, and not merely the absence of disease”  (World Health Organization, 2006)
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WHY FOCUS ON MENTAL HEALTH?

• **75%** of people who receive a mental health disorder diagnosis are first diagnosed between the ages of **16-24**\(^1\)
• Canada has over **2 million** post-secondary students
• Need for **mentally healthy environments** where students can maximize their abilities
• Post-secondary institutions have an incredible and unique opportunity for communication and intervention

\(^1\)NIMH, June 2005
The highest risk for mental illnesses and substance dependence: 16 to 24

- **Mental Health**: 1 in 5 diagnosed or treated within the last year
- **Academic Impacts**: Conditions experienced by most students with >50% negative impact: Stress, Anxiety, Sleep, Depression
- **Feeling Overwhelmed**: 90% felt overwhelmed by all they had to do within the last year
Fewer than 50% of students who need mental health support get it.

Top 3 reasons for not getting help:
- “It’s normal.”
- “It will go away on its own.”
- “I don’t have time.”
BENEFITS OF SEEKING HELP

- Enhances patient wellness
- Increases speed of recovery
- Increases health-care capacity
“Finally, people are interested in mental health and everyone is running to get in the door. But we only have one door, and there’s a long lineup. We need multiple doors.”

- Dr. Peter Cornish, Memorial University
EMPOWER ME
BY STUDENTCARE
WELL-BEING RESOURCES
Powered by Optima Global Health
WHAT IS EMPOWER ME?

- A short-term, solution-focused counselling service
- Confidential
- Designed specifically to address issues faced by today's students
- Powered by Optima Global Health
WHAT IS EMPOWER ME?

- In person
- Telephone (24/7/365 toll-free)
- 24/7/365 Crisis Support
- Video counselling
- Triage via the new app
EMPOWER ME TOPICS

- Abuse – bullying, harassment, physical, sexual
- Addictions – alcohol, drugs, gambling, gaming, sex
- Anxiety & stress – academic & personal
- Bereavement & grief
- Crisis or emergency situation
- Depression – academic & personal
- Family & single parenting
- Financial – debt & credit counselling, financial planning, budgeting
- Nutrition
- Trauma

Not an exhaustive list – no issue is too small.
WHAT DOES EMPOWER ME OFFER?

- International access – Students will be able to receive counselling services from over 20 countries. They will be able to connect via telemedicine mediums.
- Uncapped model – Solution focused model
- Matching – Solution that offer more chances of comfort and success (e.g. faith based, LGBTQ2+)
- App medium – Live in-app texting will be a new medium to connect with the service