National Standard for Mental Health & Wellbeing for Post-Secondary Students

Update and Consultation
1. What is the National Standard?
2. Why bring it to the U of A?
3. Roadmap for Implementation
4. Consultation on mental health and well-being at the U of A
What is the National Standard: Core Principles

- Community-Based
- Inclusive
- Harm-Reducing
- Health-Promoting
- Student-Centric
- Informed
- Continuous Improvement
Why bring the National Standard to the U of A?

UofA NCHA-II 2019:
  69.6% of respondents felt very lonely
  76.7% of respondents felt very sad
  66.4% felt overwhelming anxiety
  62.9% of respondents felt things were hopeless

**Benefits:** academic success of our students improves through access to timely and appropriate mental health support when and where they need them most.
The Roadmap

1. Establish Your Foundation
2. Assess Your Current Situation
3. Continuously Improve
4. Evaluate Your Results
5. Address Your Opportunities

FIRST
ONGOING
NEXT
ONGOING
ONGOING
## Assess and Plan

<table>
<thead>
<tr>
<th>Timeline</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Feb-Apr 2023</td>
<td>Pan-Campus Engagement Activities</td>
</tr>
<tr>
<td>May 2023</td>
<td>Data Aggregation &amp; Review</td>
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<tr>
<td>June 2023</td>
<td>Strategic Priority Identification</td>
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<tr>
<td>July - Aug 2023</td>
<td>Report and Submission of Action Plan</td>
</tr>
<tr>
<td>Oct 2023</td>
<td>Implementation of Identified Priorities and Development of Ongoing Assessment/Evaluation Criteria</td>
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<tr>
<td>Oct 2023</td>
<td>Review current U of A policies that support student mental health</td>
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Consultation:

1. What are the current major barriers facing students for mental health and well-being?
2. What is going right that we can build on?
3. What are the priorities for first step recommendations?
U of A National Standard Survey

Students

Help inform and shape student mental health at the U of A!

Take the National Standard Mental Health Survey.

uab.ca/nsc
Resources

- MHCC PSI Student MH Standard
- MHCC PSI Standard Starter Kit
- Shared HUSP National Standard Folder
Discussion & Next Steps