

Mental Health & Wellness

A strategic, long-term approach



Advancing a mentally healthy campus

Health and well-being are key to academic, work and life success.

York U is committed to a mentally healthy campus, one where faculty, staff and students can thrive and flourish.

To support our community, York U provides access to resources, services and programs to manage mental health challenges and enhance well-being.

#YUmentalhealth



Mental Health at a Glance

GLOBAL PERSPECTIVE

According to the World Health Organization (WHO) mental illness is **A LEADING CAUSE OF DISABILITY IN THE WORLD.**



CANADIAN PERSPECTIVE

20% OF CANADIANS will personally experience a mental illness in their lifetime.



ONTARIO STUDENTS

TOP 3 FACTORS

THAT NEGATIVELY IMPACT students' academic performance

65.4%

reported feeling **OVERWHELMING ANXIETY** within the past 12 months.

46.1%

felt so depressed it was **DIFFICULT TO FUNCTION.**

13.7%

seriously considered **SUICIDE.**

STRESS • SLEEP DIFFICULTIES • ANXIETY

YORK STAFF

2 OF THE TOP 3 COUNSELLING ISSUES

for York University staff members

STRESS (workplace)

ANXIETY

27% of counselled York employees reported **moderate to severe level of depression.**

2014 EAP data



YORK FACULTY

In a recent survey of faculty members from more than 56 Canadian universities, **faculty reported high levels of occupational distress.**

Lack of awareness of mental health services

Feelings of isolation

Stigma issues

Workload issues

KEY STRESSORS that impact York faculty members' mental health



What's the plan?

York U's mental health strategy will serve and support the mental health and well-being of our community members.

It was developed after extensive community consultation to address the needs and issues unique to York University.

By re-evaluating our progress every three years, we hope to ensure a progressive movement toward creating and maintaining a mentally healthy campus that empowers our community to thrive.

"York University is committed to promoting a mentally healthy campus for all students, faculty and staff, fostering student academic success and a better workplace."

Rhonda Lenton
President and Vice-Chancellor
York University

Mental Health Strategy Framework



Canadian Association of College & University Student Services and Canadian Health Association. (2013). *Post-Secondary Student Mental Health: Guide to a Systemic Approach*. Vancouver, BC.

WE WANT TO HEAR FROM YOU!

We want to hear what your priorities are and how you can help champion campus mental health initiatives.

To learn more or provide feedback: mhinfo@yorku.ca.