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
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.”

Mamdouh Shoukri
President and Vice-Chancellor
York University

Mental Health Strategy Framework

Institutional structure: organization, planning and policy
Supportive, inclusive campus climate and environment
Mental health awareness
Community capacity to respond to early indicators of concern
Self-management competencies and coping skills
Accessible mental health services
Crisis management

Community Members
Community Members with concerns about coping
Community Members with mental health concerns


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.

yorku.ca/mentalhealth