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.

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
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.

TOP 3 FACTORS THAT NEGATIVELY IMPACT students’ academic performance
STRESS • SLEEP DIFFICULTIES • ANXIETY

YORK STAFF
2 OF THE TOP 3 COUNSELING ISSUES for York University staff members
27% of counselled York employees reported moderate to severe level of depression.

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

#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.

“We 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

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