

Mental Health & Wellness

A York University Community Consultation



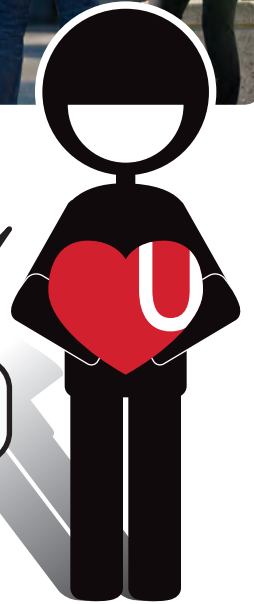
Opening the doors to community dialogue

What can we do to help overcome stigma and address the issues around mental health on our campus? For a start, we can TALK about it.

York is opening the dialogue around mental health and well-being by empowering our students, staff and faculty to contribute to the planning of a mentally healthy campus.

We all have a responsibility to ensure York is a healthy place to live, learn and work.

#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

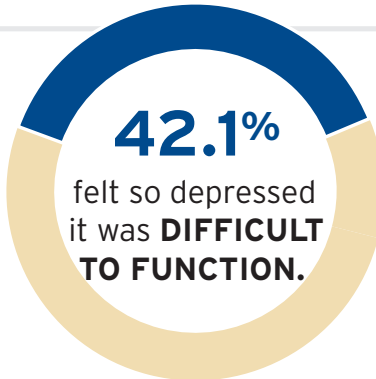
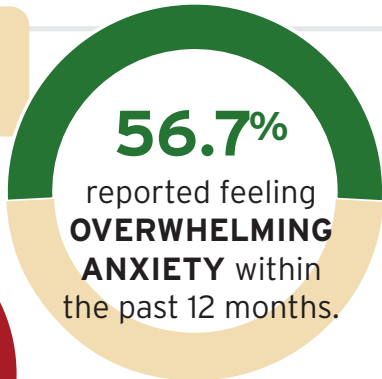
20% OF CANADIANS will personally experience a mental illness in their lifetime.



YORK STUDENTS

TOP 3 FACTORS

THAT NEGATIVELY IMPACT students' academic performance



STRESS • SLEEP DIFFICULTIES • ANXIETY

YORK STAFF

2 OF THE TOP 3 COUNSELLING ISSUES for York University staff members

ANXIETY

STRESS (workplace)

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 University is developing a three-year plan to help better serve and support the mental health and well-being of our community members.

We will host discussions and garner feedback from students, staff and faculty in an effort to holistically represent the York community.

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

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 about our consultation process, to schedule a focus group with your team, or to provide feedback, please contact: mhinfo@yorku.ca.