



# Post-Secondary Student Mental Health

Dr. Elizabeth Cawley  
Director, National Mental Health Strategy  
Studentcare|ASEQ



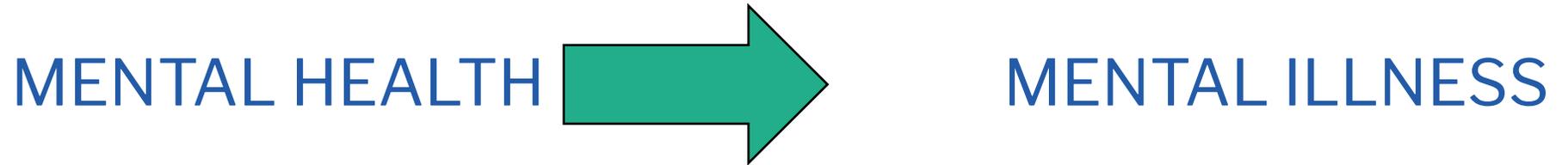
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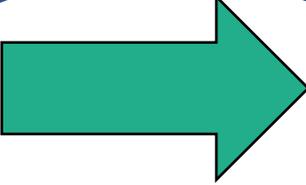
# WHAT IS MENTAL HEALTH?



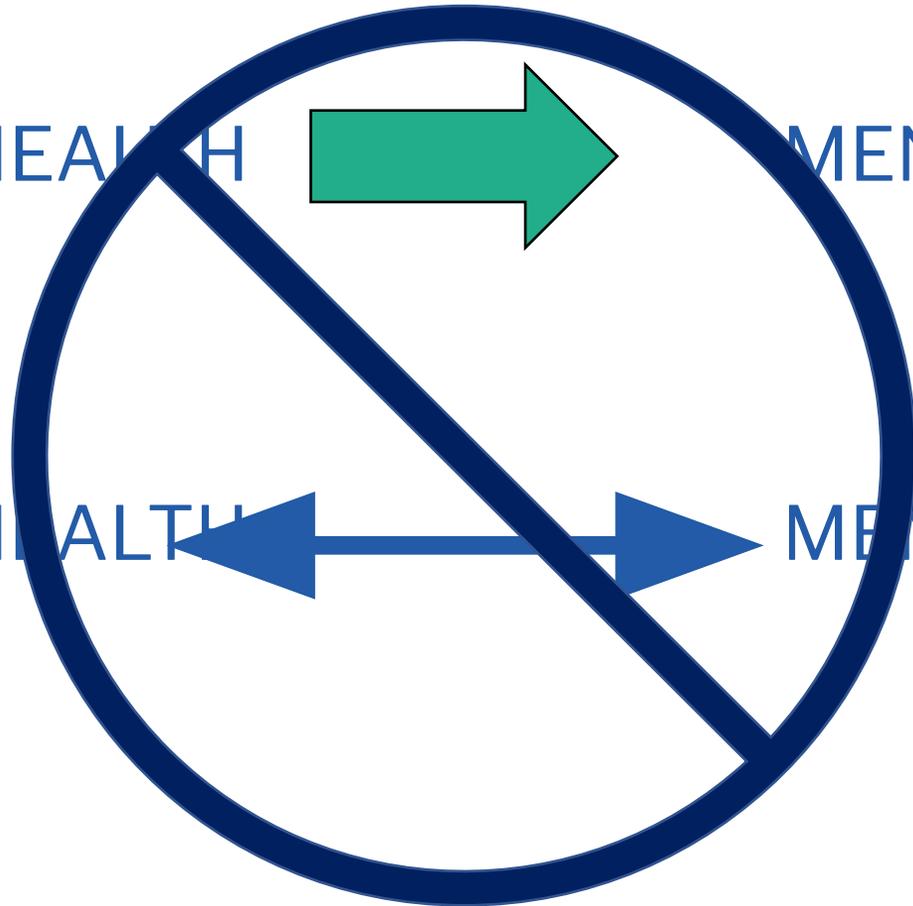
# WHAT IS MENTAL HEALTH?

“A state of complete physical, mental, and social well-being, and not merely the absence of disease” (World Health Organization, 2006)

# WHAT IS MENTAL HEALTH?

MENTAL HEALTH  MENTAL ILLNESS

MENTAL HEALTH  MENTAL ILLNESS



# WHAT IS MENTAL HEALTH?



# WHY FOCUS ON MENTAL HEALTH?

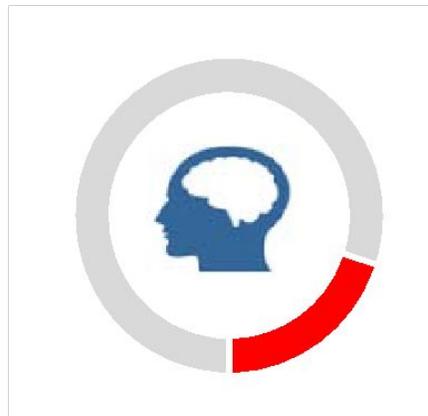
- **75%** of people who receive a mental health disorder diagnosis are first diagnosed between the ages of **16-24**<sup>1</sup>
- Canada has over **2 million** post-secondary students
- Need for **mentally healthy environments** where students can maximize their abilities
- Post-secondary institutions have an incredible and unique opportunity for communication and intervention

**FACT**

The highest risk for mental illnesses and substance dependence:

**16 to 24**

**Mental Health**  
1 in 5 diagnosed or treated within the last year



**Academic Impacts**

Conditions experienced by most students with >50% negative impact : **Stress , Anxiety, Sleep, Depression**



**Feeling Overwhelmed**

90% felt overwhelmed by all they had to do within the last year



Fewer  
than

50

of students who need mental  
health support get it

%

Top 3 reasons for not getting  
help:

- "It's  
too far away on its  
own"
- "I  
don't have  
time"



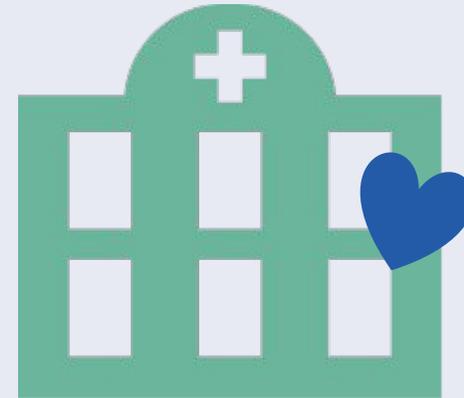
# BENEFITS OF SEEKING HELP



Enhance  
s  
patient  
wellness



Increases  
speed of  
recovery



Increases  
health-car  
e  
capacity

“Finally, people are interested in mental health and everyone is running to get in the door. But we only have one door, and there’s a long lineup. We need multiple doors.”

*- Dr. Peter Cornish, Memorial University*

**EMPOWER ME**  
**BY STUDENTCARE**

**WELL-BEING RESOURCES**

Powered by Optima Global Health

# WHAT IS EMPOWER ME?

- ▶ A short-term, solution-focused counselling service
- ▶ Confidential
- ▶ Designed specifically to address issues faced by today's students
- ▶ Powered by Optima Global Health

# WHAT IS EMPOWER ME?

- ▶ In person
- ▶ Telephone (24/7/365 toll-free)
- ▶ 24/7/365 Crisis Support
- ▶ Video counselling
- ▶ Triage via the new app



# WHAT DOES EMPOWER ME



## Expanded **new** services – Fall 2020

## OFFER?

- ◉ International access – Students will be able to receive counselling services from over 20 countries. They will be able to connect via telemedicine mediums.
- ◉ Uncapped model – Solution focused model
- ◉ Matching – Solution that offer more chances of comfort and success (e.g. faith based, LGBTQ2+)
- ◉ App medium – Live in-app texting will be a new medium to connect with the service

**THANK YOU!  
QUESTIONS?**