

# National Standard for Mental Health & Wellbeing for Post-Secondary Students

Update and Consultation



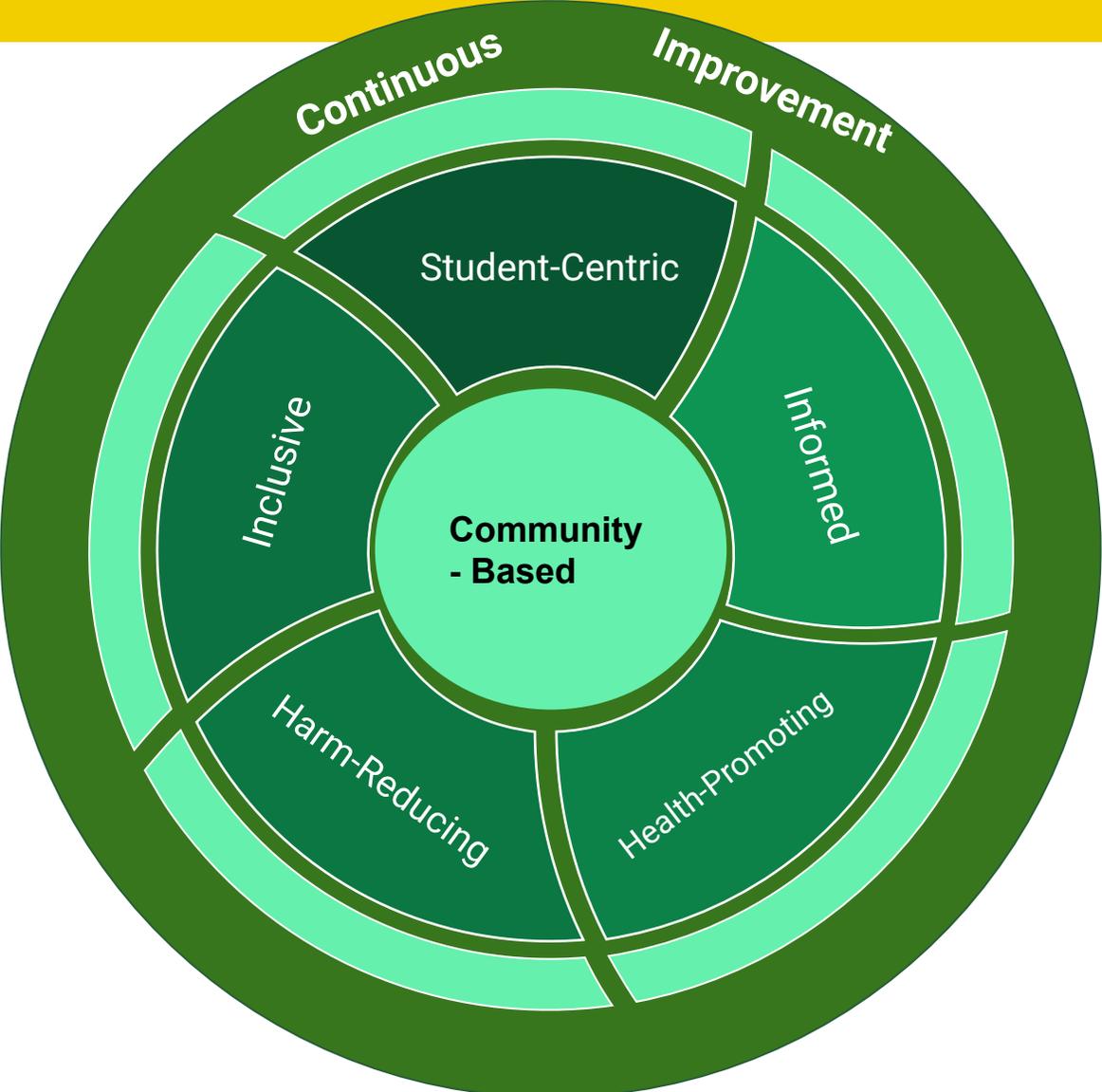
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# Today

1. What is the National Standard?
2. Why bring it to the U of A?
3. Roadmap for Implementation
4. Consultation on mental health and well-being at the U of A



# What is the National Standard: Core Principles



# Why bring the National Standard to the U of A?

UofA NCHA-II 2019:

69.6% of respondents felt very lonely

76.7 % of respondents felt very sad

66.4% felt overwhelming anxiety

62.9% of respondents felt things were hopeless

**Benefits:** academic success of our students improves through access to timely and appropriate mental health support when and where they need them most.

# The Roadmap



# Assess and Plan

Timeline	Activity
Feb-Apr 2023	Pan-Campus Engagement Activities
May 2023	Data Aggregation & Review
June 2023	Strategic Priority Identification
July - Aug 2023	Report and Submission of Action Plan
Oct 2023	Implementation of Identified Priorities and Development of Ongoing Assessment/Evaluation Criteria
Oct 2023	Review current U of A policies that support student mental health



# Consultation:

1. What are the current major barriers facing students for mental health and well-being?
2. What is going right that we can build on?
3. What are the priorities for first step recommendations?

# U of A National Standard Survey



## Students

Help inform and shape student mental health at the U of A!

Take the National Standard Mental Health Survey.

[uab.ca/nsc](https://uab.ca/nsc)



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# Resources

- [MHCC PSI Student MH Standard](#)
- [MHCC PSI Standard Starter Kit](#)
- [Shared HUSP National Standard Folder](#)



# Discussion & Next Steps

