



# Student Mental Health Strategy Overview

November 5, 2014

Joel Lynn, Executive Director (Student Services)

# Student Mental Health Strategy

## 2014-2017

- Provides overview of current UVic initiatives
- Proposes key future initiatives based on:
  - research on our current student demographic
  - Recognized practices at comparator post-secondary institutions
  - Strengthening work currently happening on campus and responding to gaps identified in the consultation process
- Based on AUCC endorsed student mental health framework

# **Overview of Student Health & Wellness Survey: Student Mental Health Results**

# 1. STRESS



How stressed do students feel?

What contributes to student stress?

# Levels of Stress Among Students

	Level of stress in the last 12 months	
	UVic %	Canada %
No stress	0.7	1.1
Less than average stress	8.0	7.0
Average stress	33.2	34.5
More than average stress	45.2	45.5
Tremendous stress	12.9	12.1

- ❑ **The majority of students reported more than average levels of stress**
- ❑ **UVic female students reported more than average stress compared to male students**
- ❑ **73% of students would like more information on how to manage and reduce stress**

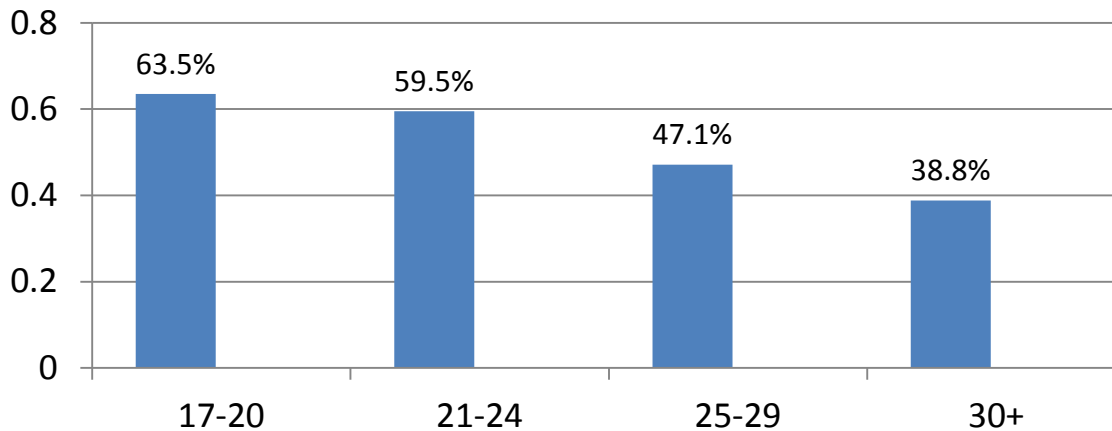
## UVic: What are the sources of student stress?

Stressors	Proportion of Students %
<b>Academics</b>	<b>56.0</b>
<b>Finances</b>	35.0
<b>Intimate relationships</b>	33.7
<b>Career-related</b>	30.8
<b>Sleep difficulties</b>	29.2
Family problems	26.5
Other social relationships	24.8
Personal health	24.2
Personal appearance	23.5
Health problem of family member	20.6
Death of family or friend	16.8
Other	11.2

- ❑ **Younger students (ages 18-24) were more likely to report stress from academics, intimate relationships, and personal appearance**
- ❑ **Older students were more likely to report career-related stress.**

# UVic: Stress and academic performance

% of students reporting academic-related stress by Age



Younger students experience higher academic related stress

	Received a lower grade in an exam	Received a lower grade in a course	Received an Incomplete	Significant thesis interruption
Stress	24.7	10.4	2.4	3.0

Overall, stress has a significant negative impact on academic performance

## 2. PSYCHOLOGICAL DISTRESS



How are students experiencing symptoms of psychological distress?



# Experiences of psychological distress symptoms

	Experienced within the last 12 months	
	UVic %	Canada %
Felt things were hopeless	51.7*	53.8
Felt overwhelmed by all you had to do	89.9*	89.3
Felt exhausted (not from physical activity)	87.6*	86.9
Felt very lonely	64.4*	63.9
Felt very sad	68.2*	68.5
Felt so depressed that it was difficult to function	36.4*	37.5
Felt overwhelming anxiety	54.2*	56.5
Felt overwhelming anger	36.6	42.2
Seriously considered suicide	9.1	9.5
Intentionally cut, burned, bruised, or injured self	5.3	6.6
Attempted Suicide	1.0	1.3

Students that reported distress were much more interested in receiving information about depression and anxiety, than students not experiencing distress

\* A significant proportion of students also reported distress in the past 2 weeks and past 30 days

# 3. MENTAL HEALTH CONDITIONS



What kinds of mental health conditions are students coping with?



## What are the most common mental health conditions?

Mental Health Conditions	Diagnosed or treated in the last 12 months	
	UVic %	Canada %
<b>Anxiety</b>	14.0	12.3
<b>+ Panic attacks</b>	5.7	5.8
<b>+ OCD</b>	1.9	1.9
<b>Depression</b>	11.6	10.0
<b>ADHD</b>	4.3	2.8
<b>Eating Disorders (Anorexia &amp; Bulimia)</b>	2.7	1.9
<b>Bipolar</b>	1.3	1.0
<b>Sleep-Related Issues</b>	8.2	6.6
<b>Other Mental Health Conditions (including substance use or addiction)</b>	5.8	3.1

❑ Most prevalent was anxiety-related disorders at 21.6%, then depression as second highest at 11.6%

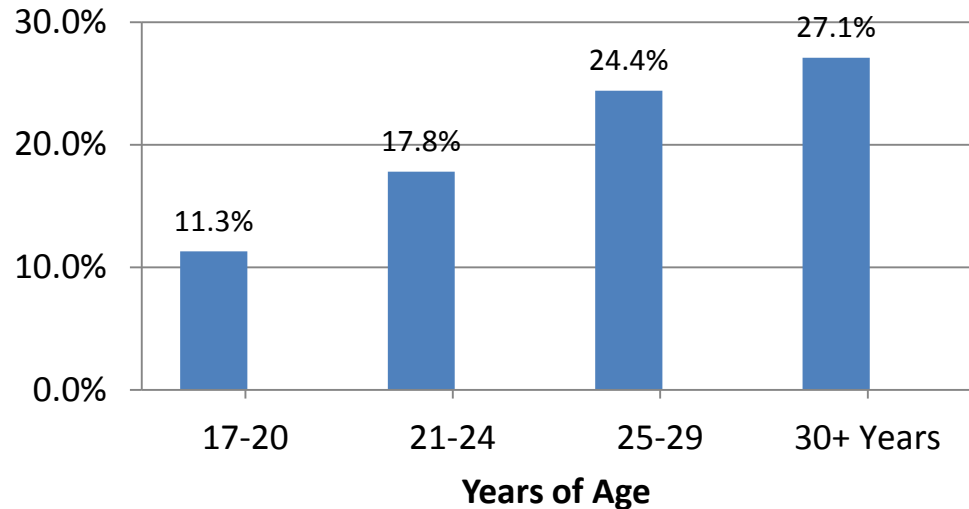
❑ 60% of students would like information about anxiety/depression

❑ Overall, UVic had a slightly higher prevalence of mental health conditions at approximately 23%, compared to Canadian average of 19.6%

# UVic: Depression

- Depression is the second most common mental health issue
- 11.6% report diagnosed or treated for depression in last 12 months
- 17.6% students reported ever being diagnosed with depression

**% of students reporting depression by age**



- Prevalence of depression increased with age
- Female students more likely to experience depression than men by almost 2:1

*This incremental age trend could be attributed to students having more awareness of seeking help as they age out of the young adult years*

# UVic: : How do mental health conditions impact academic performance?

% of students reporting the effect of mental health on academic performance

	Received a lower grade in an exam	Received a lower grade in a course	Received an Incomplete	Significant thesis interruption
Anxiety	17.1	6.1	3.5	2.4
Depression	7.7	5.8	2.8	1.8
ADHD	2.0	1.9	0.8	0.6
Eating Disorders	1.2	0.4	0.3	0.3

- ❑ Mental health issues have a significant impact on academic performance, with anxiety attributed at **29%**, depression at **18%**, ADHD at 5.4%, and eating disorders at 2.2%.
- ❑ **56%** of students report Academics as the most traumatic or difficult issue to handle within the last 12 months.


# **Overview of new resources for Faculty & Staff when supporting students with mental health concerns/issues**

# Student Mental Health Initiatives

## Assisting Students in Distress Folder

- Folder provides faculty/staff with quick tips and campus resources to support students in distress
- Electronic version available on SMH website

QUICK REFERENCE GUIDE:  
Assisting students in distress



Uvic Student  
Mental Health Initiative

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**CAMPUS RESOURCES AND SUPPORT**

Campus Security and Personal Safety Coordinators 250-721-7599   <a href="http://uvic.ca/security">uvic.ca/security</a>	Uvic Counselling Services 250-721-8341   <a href="http://uvic.ca/counselling">uvic.ca/counselling</a>
Division of Student Affairs 250-721-6421   <a href="http://uvic.ca/studentaffairs">uvic.ca/studentaffairs</a>	Uvic Health Services 250-721-8492   <a href="http://uvic.ca/health">uvic.ca/health</a>
Resource Centre for Students with a Disability 250-472-4947   <a href="http://uvic.ca/rcsd">uvic.ca/rcsd</a>	Judicial Affairs Office 250-721-8865   <a href="http://uvic.ca/judicialaffairs">uvic.ca/judicialaffairs</a>
Residence Services 250-721-8395   <a href="http://uvic.ca/housing">uvic.ca/housing</a>	Equity and Human Rights Office 250-721-7007   <a href="http://uvic.ca/eqhr">uvic.ca/eqhr</a>
International Student Services 250-721-6361   <a href="http://uvic.ca/international/students">uvic.ca/international/students</a>	Student Awards and Financial Aid 250-721-8423   <a href="http://uvic.ca/safa">uvic.ca/safa</a>
Office of Indigenous Affairs 250-472-4913   <a href="http://uvic.ca/services/indigenou">uvic.ca/services/indigenou</a>	



# Student Mental Health Initiatives

## SMH Website

- Dedicated website providing information & resources for students, faculty/staff & families

[www.uvic.ca/mentalhealth](http://www.uvic.ca/mentalhealth)

University of Victoria

A-Z | Directories | Maps

Search Mental Health

Student Mental Health

Home Students Faculty and staff Parents and families

Student Mental Health

Immediate assistance

healthTOT

CONTACTS

Support services

Counselling Services  
250-721-8341  
counsel@uvic.ca

Health Services  
250-721-8492  
health@uvic.ca

Resource Centre for Students with a Disability  
250-472-4947  
inforcad@uvic.ca

Multifaith Services  
250-721-8338  
chaps@uvic.ca

GRANT FUNDING

Uvic Student Mental Health Initiative

Student Mental Health Strategy

The Student Mental Health Strategy guides UVic in mental health promotion, planning, and responsiveness in support of our student community.

home

The University of Victoria offers numerous resources and supports to promote student mental health. Our goal is to support positive student mental health and well-being in order to enhance all students potential for success.

Learn more about different areas of student mental health

- Student mental health information for current UVic students
- Student mental health information for UVic faculty and staff
- Student mental health information for parents and families of current UVic students



# Student Mental Health Initiatives

## Faculty/Staff Training

### Student Mental Health Literacy Program

- Training for faculty/staff to enhance awareness about student mental health issues.
- Key areas of student mental health include:
  - **recognizing early warning signs for vulnerable students;**
  - **optimizing support for students at-risk or in distress; and**
  - **supporting & referring students in crisis.**
- Contact Student Affairs for training opportunities

# Student Mental Health Initiatives

## Student Mental Health Grant

- Created to help develop student-led initiatives (e.g., activities, events, programs, etc) on campus in support of student mental health
- \$10,000 available for activities taking place this year (max. \$2000/ask)
- Application information & terms of reference available at [uvic.ca/mentalhealth](http://uvic.ca/mentalhealth)

# Questions or Comments:

Feel welcome to contact Joel for further  
information @

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