

Seeking support for mental illness can be daunting due to the pervasive stigma connected to them

Existing structure limits impact of services

High prevalence of mental health concerns among students

MENTAL HEALTH AMONG POST-SECONDARY STUDENTS

3 VIABLE OPTIONS TO ADDRESS THE PROBLEM



One-stop access portal for information about available mental health resources and how to access them



Decrease the stigma attached to mental illness by promoting early detection through strategic advertising



Promote greater accessibility and sustained support for those in need by coordinating campus mental health services



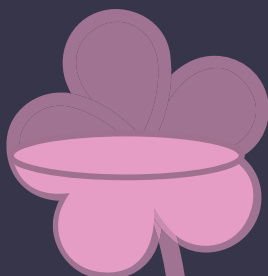
18.4% of students report being diagnosed or treated by a professional for **ANXIETY***

14.7% of students reported being diagnosed or treated by a professional for **DEPRESSION***



13.0% of students reported seriously considering **SUICIDE***

46.9% of students reported as 'flourishing' or having **POSITIVE MENTAL HEALTH***



SERVICES OFFERED BY MCMASTER



Peer Support Line



The Student Wellness and Education Lower Lounge



Student Health and Education Centre



Maccess



Queer Students Community Centre



Women and Gender Equity Network

* within the last 12 months

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