

DEPRESSION



+ students

1 in 3 university students have difficulty functioning due to depression

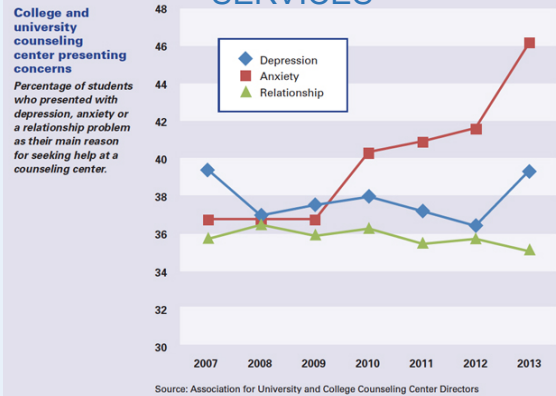


65%

of students have felt overwhelming anxiety

14% of students have seriously considered **SUICIDE** in the last 12 months

NEED FOR UNIVERSITY MENTAL HEALTH SERVICES



“Those who have worked in counseling centers for the last decade have been consistently ringing a bell saying something is wrong, **things are getting worse with regard to college student mental health**”

- Ben Locke, PhD, Centre for Collegiate Mental Health (CCMH)

SUPPORT FOR UNIVERSITY MENTAL HEALTH SERVICES

LEADS TO



INNOVATIVE TREATMENTS

1 Therapist Assisted Online (TAO)

Delivers therapy to students with anxiety over computer or smartphone

34% of students with previous counselling experience endorse online therapy

2 WellTrack

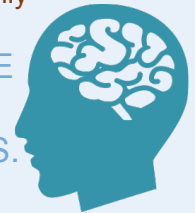
Online guided self-interactive therapy for stress, depression and anxiety



500 000+ students currently use WellTrack

78% of students with mental health concerns first seek help from friends & family

FOCUS TO INCREASE STUDENT MENTAL HEALTH AWARENESS. **EDUCATE.**



Sources:

Mental Health and Academic Success in College: <https://www.degruyter.com/view/j/bejeap.2009.9.1/bejeap.2009.9.1.2191/bejeap.2009.9.1.2191.xml?format=INT>

Ontario University and College Health Association (OUCHA) Spring 2016 Survey: <http://www.cbc.ca/news/canada/ottawa/mental-health-ontario-campus-crisis-1.3771682>

Students Under Pressure: <http://www.apa.org/monitor/2014/09/cover-pressure.aspx>

The Association for University and College Counselling Centre Directors (AUCCCD) Survey: <http://www.aucccd.org/assets/documents/aucccd%202016%20monograph%20-%20public.pdf>

Therapy Assistance Online: <http://www.taconnect.org/>

UT Counselling and Mental Health Centre: <https://cmhc.utexas.edu/index.html>

WellTrack: <http://www.welltrack.com/>

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