

Post-Secondary Student Mental Health: Guide to a Systemic Approach



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Supporting the creation of a campus community that is
deeply conducive to transformative learning and mental health



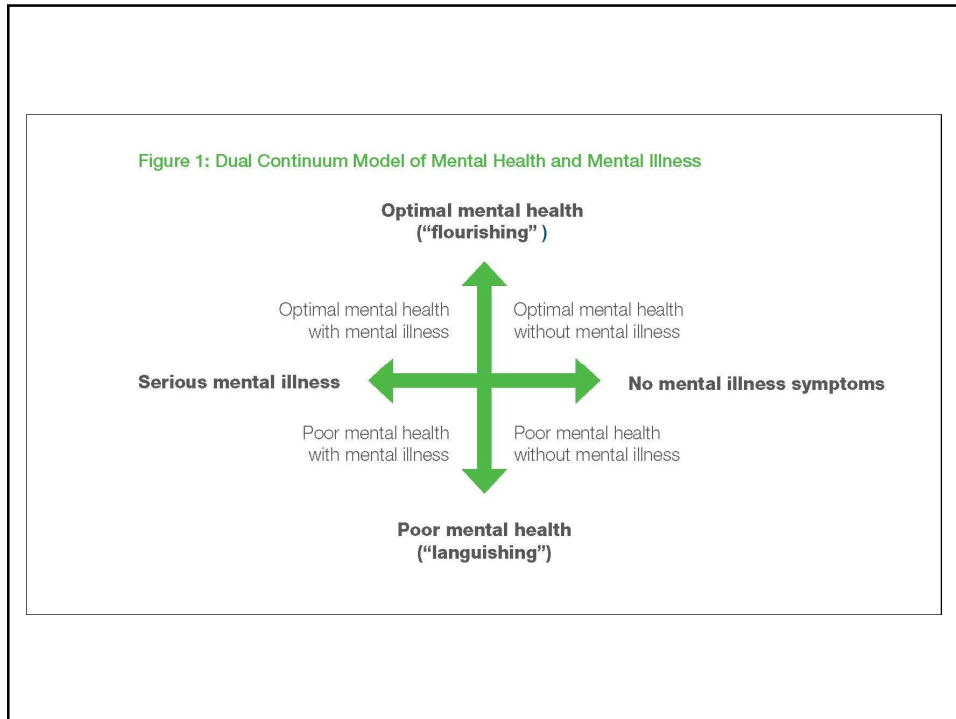
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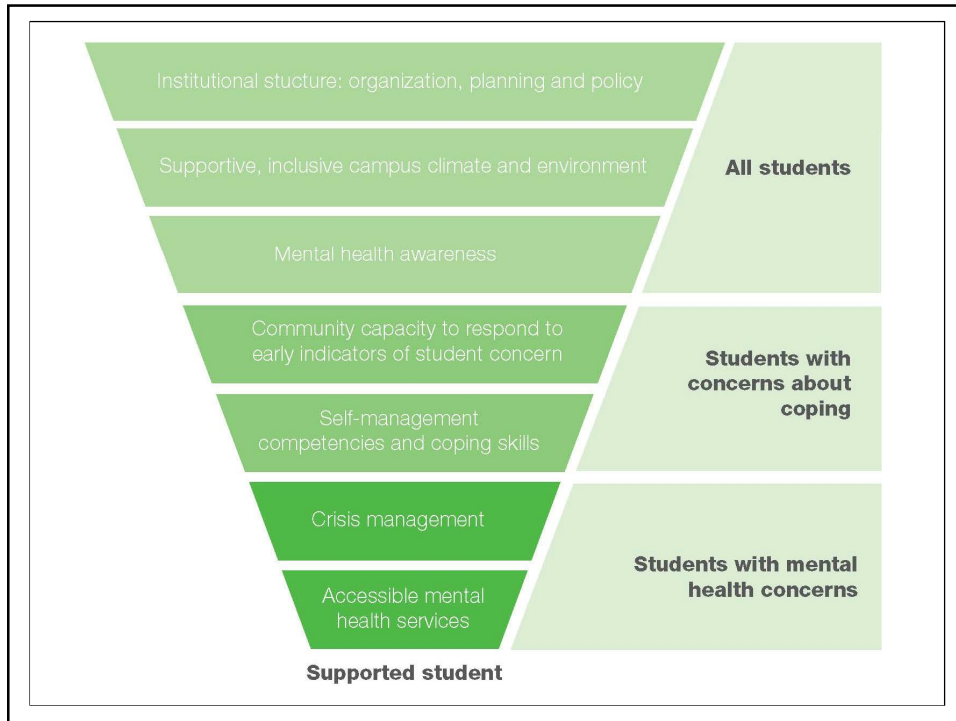
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University of British Columbia

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University of Victoria

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A systemic approach is....



Institutional Structure: Organization, Planning, and Policy

**Supportive, Inclusive
Campus Climate and
Environment**

**Mental Health
Awareness**

**Community Capacity to
Respond to Early
Indications of Student
Concern**

**Self-Management
Competences and
Coping Skills**

Accessible Mental
Health Services
&
Crisis Management
Plan

So How Do I Do This?
(Campus Engagement,
Planning, and Action)

Resources

CACUSS Guide: CACUSS Website or Google: CACUSS PSSMH

Davidson & Locke (2010). Using a public health approach to address student mental health. In Kay & Schwartz (Eds), *Mental health care in the college community* (pp. 267-288). Hoboken, NJ: John Wiley & Sons Ltd.

The Jed Foundation: A Guide to Campus Mental Health Action Planning