



The Connection between a Supportive Campus Environment and Student Mental Health

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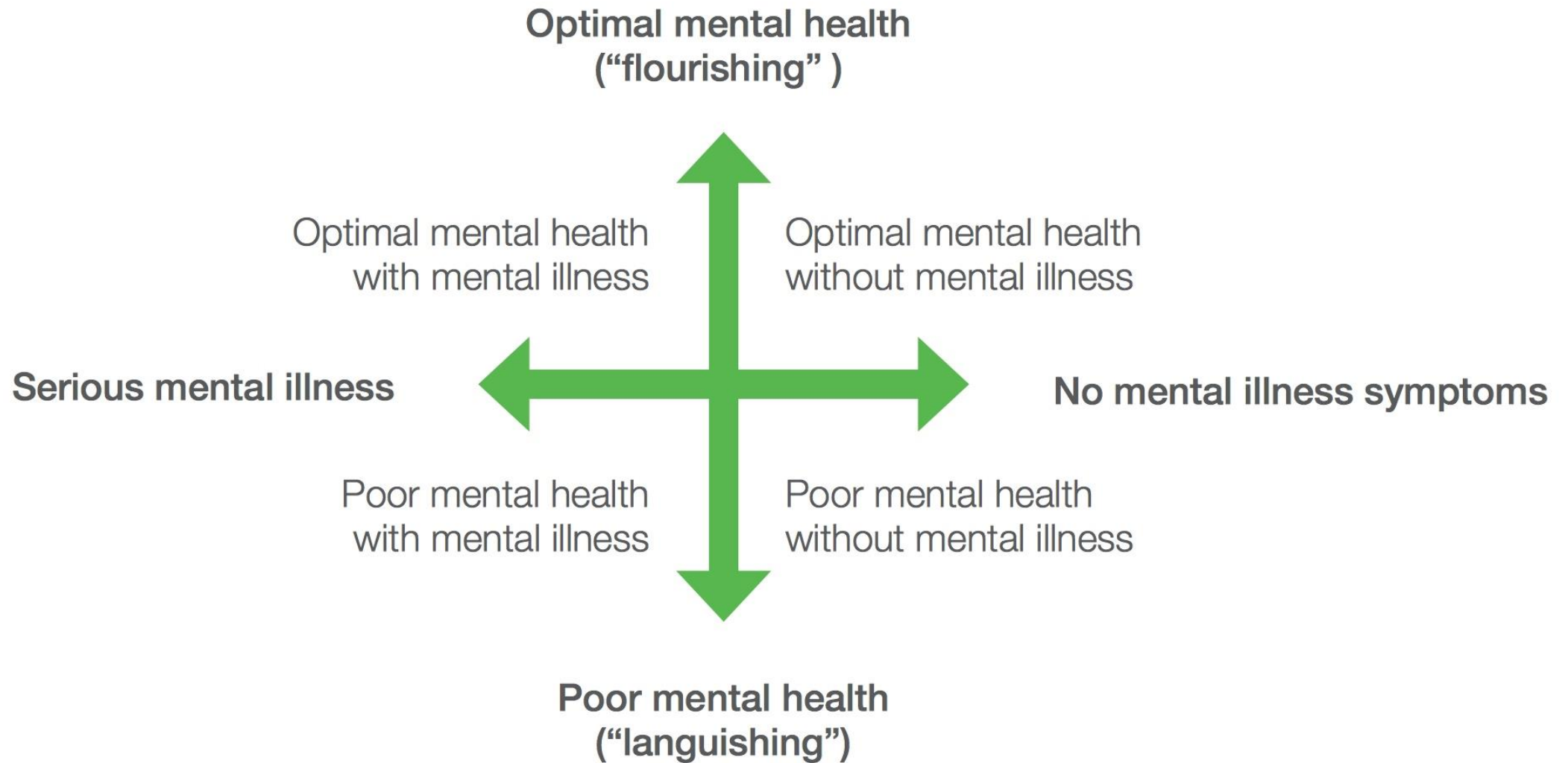


“Rest and self-care are so important. When you take time to replenish your spirit, it allows you to serve others from the overflow. You cannot serve from an empty vessel” – Eleanor Brown¹



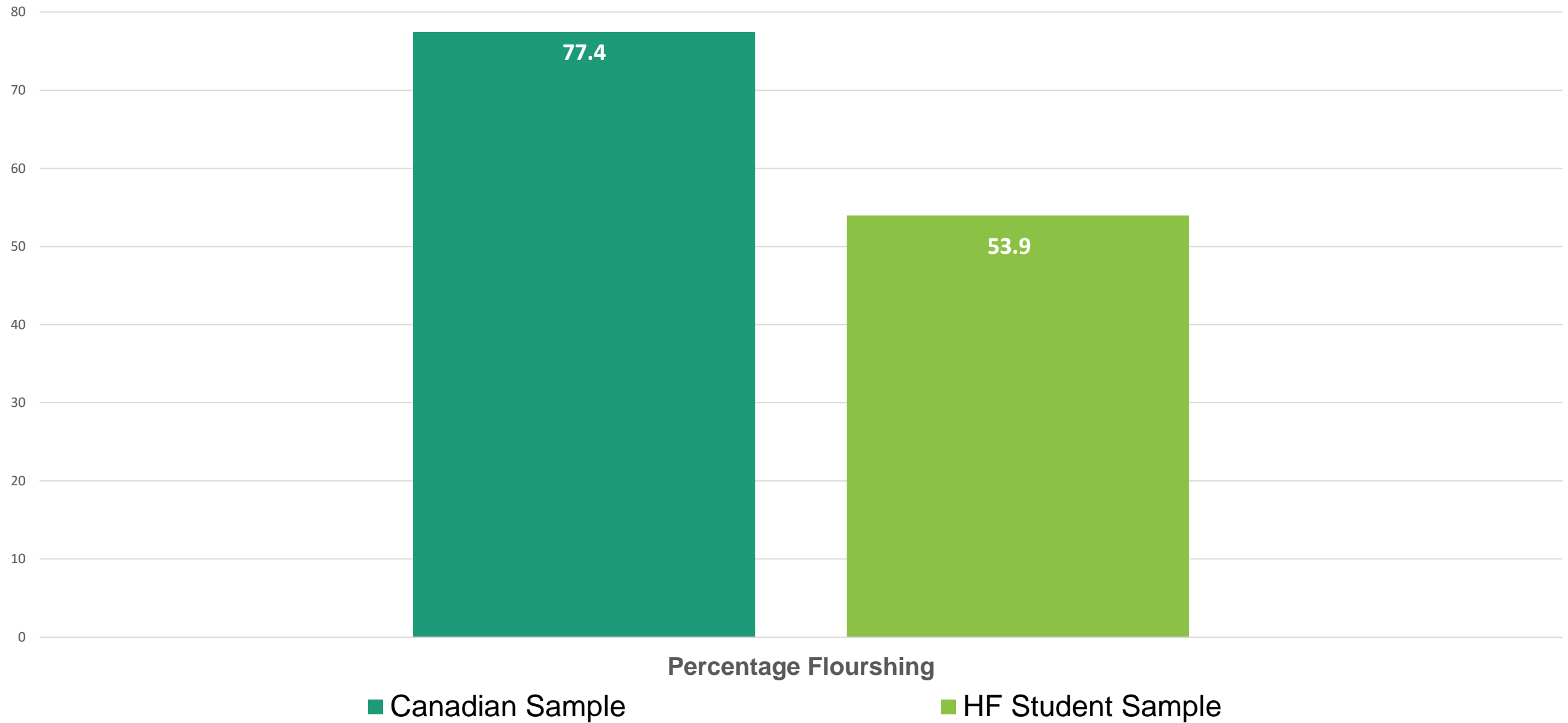
Student Mental Health

Figure 1: Dual Continuum Model of Mental Health and Mental Illness



²MacKean, 2011. Adapted from: *The Health Communication Unit at the Dalla Lana School of Public Health at the University of Toronto and Canadian Mental Health Association, Ontario; based on the conceptual work of Corey Keyes*

Flourishing %: Canadian Sample vs Student Sample



³Figure 2. Flourishing %: Canadian Sample vs Student Sample. 77.4% of Canadians flourishing (CCHS, 2012), compared with 53.9% of students flourishing (p value <0.001)

Negative Impact of Various Factors on Functioning

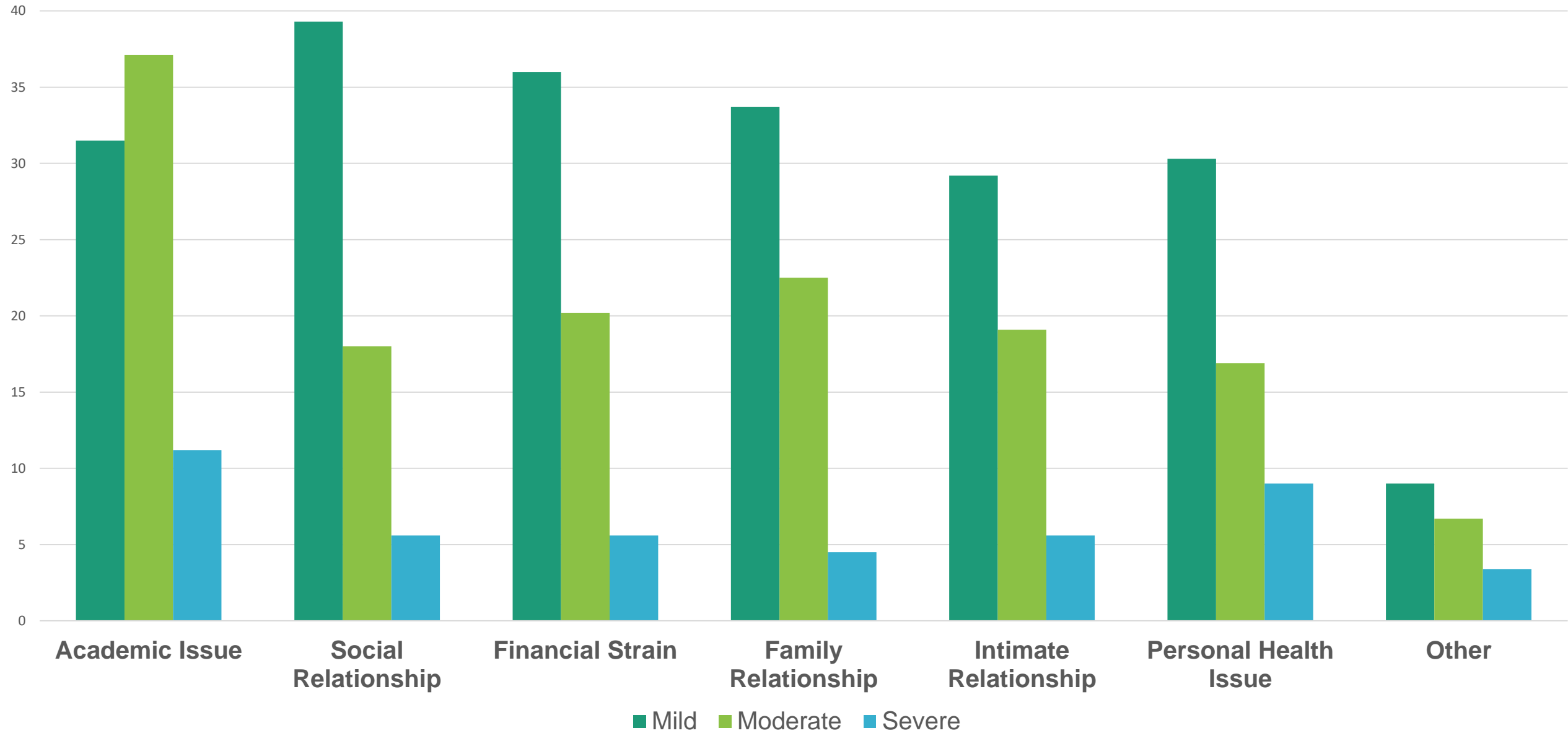


Figure 3. Negative Impact of Various Factors on Functioning. detail on percentages of the factors that had a negative impact on student functioning within the past twelve months.

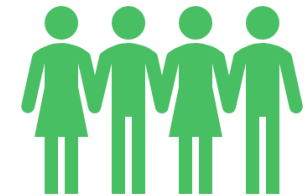
Predictors of Mental Health



Age



Mental Health &
Communications Course



Supportive Environment
and Sense of Belonging



How can you commit to building a more supportive campus environment?

The End



References

1. Inspiring Quotes (2019). Eleanor Brown quotes and sayings. Retrieved from: <https://www.inspiringquotes.us/author/9028-eleanor-brown>
2. MacKean, G. (2011). Mental health and well-being in post secondary education settings: A literature and environmental scan to support planning and action in Canada. *Canadian Association of College and University Student Services*.
3. Holland, A. (2017). *Examining student mental health at Kwantlen Polytechnic University* (Master's Thesis, Brandon University, Brandon, Manitoba, Canada). Retrieved from: <http://libguides.brandonu.ca/ld.php?contentid=33943929>