



# Mental Health & Resilience

## LONG-RANGE DESCRIPTION OF SUCCESS

At UBC, we all value mental health and resilience as crucial to our capacity to flourish.

We recognize everyone's shared role in creating thriving communities. When challenges arise, we know when, where, and how to seek help for ourselves and others, and we feel safe discussing these challenges. Everyone has the skills, social networks, and access to resources they need to bounce back.

UBC works with local and Indigenous community members to understand and recognize distinct cultures and needs. Everyone has access to culturally appropriate opportunities to learn and share knowledge related to enhancing mental health.

University leadership has made a meaningful and inspiring commitment to create a culture and environment that promote mental health and resilience for all. Actions and decisions are driven by research, innovation, and the voices of our community.

## WHY IT MATTERS

Mental health affects everyone, at UBC and far beyond. According to Statistics Canada,<sup>2</sup> one in four Canadians aged 15 and older reported finding most work days extremely or quite a bit stressful. At UBC, a substantial number of student respondents (14%) report having a mental health condition that has affected their everyday functioning, and nearly one quarter (24%) report having been diagnosed or treated for mental health conditions in the past year, with the most common being anxiety, depression, and panic attacks. Less than half (47%) of staff and faculty report having energy left at the end of the most day workdays for their personal life.

Enhancing mental health literacy, creating a supportive campus culture, and ensuring that faculty, staff, and students have the resources to help them understand mental health issues, and improve resiliency and coping skills, are key to living, learning, working well, and supporting one another.

This health-promotion approach to mental health and resilience is about equipping our community with the skills they need to live well and improve their health by creating environments that support them.

## TARGETS

## INDICATORS

### UBC Cares

Increase community members who feel mental health is a UBC priority by 2025\*

Baseline and target established

% students, staff & faculty reporting mental health is a UBC priority

### Mental Health Literacy

Community members have access to opportunities to develop mental health literacy:

10% increase for students across all indicators by 2025\*\*

10% increase for staff & faculty across all indicators by 2025\*\*

% students, staff, & faculty who report a knowledge of resources designed to support mental health

% students, staff, & faculty who report an ability to manage stress successfully

% student, staff, & faculty who feel the campus climate encourages free and open discussion about mental health

\*Target to be developed based on 2019 baseline data

\*\*Using a 2019 baseline

## SAMPLE ACTIONS IN PROGRESS

### Mental Health Literacy for Students

UBC is embedding mental health literacy in student programs and curriculum, including Jump Start orientation for first-year students and student leader training for all residence advisors, Collegium Advisors, and Jump Start student staff. Through a Teaching & Learning Enhancement fund grant, pilot projects in Engineering and Biology will be assessed for impact on students' mental health literacy outcomes. The project will include strategies for building and maintaining mental health and help-seeking efficacy.

### Mental Health Literacy in Workplace Environments

UBC Human Resources is expanding mental health literacy for faculty, staff, and postdoctoral fellows through a diversity of evidence-based programming and health promotion activities. Human Resources is also exploring pathways for embedding mental health literacy in leadership development programs and workplace practices.

## ASSOCIATED STRATEGIES AND PLANS

[UBC's Commitment and Approach to Mental Health and Resiliency](#)

[Focus on People: Workplace Practices](#)

[Student Mental Health Strategy](#)

[Early Alert: Identifying students facing difficulties](#)

[Framework for Senate Consideration of Student Mental Health and Wellbeing](#)

<sup>2</sup> Source: Statistics Canada Mental Health Indicators, 2012