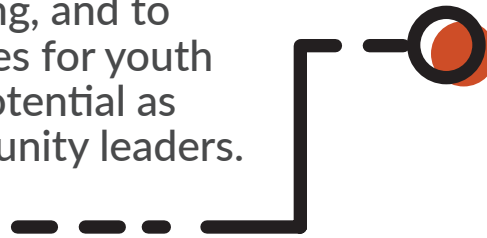


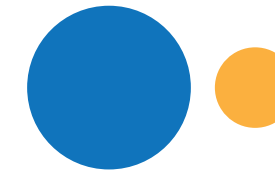
2018

MENTAL HEALTH

Through our peer-to-peer support programs, Students Offering Support helps to reduce academic-related stress, increase community belonging, and to provide opportunities for youth to reach their full potential as students and community leaders.

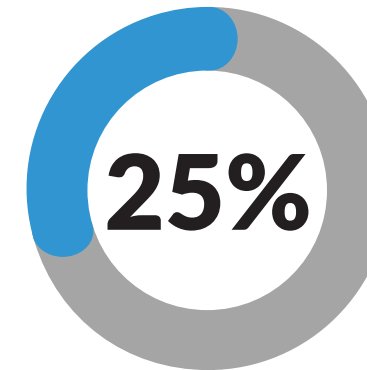


BY THE NUMBERS



42% of university students report high levels of stress versus 17% of the general population, aged 18-29.

(Adalf, 2005)

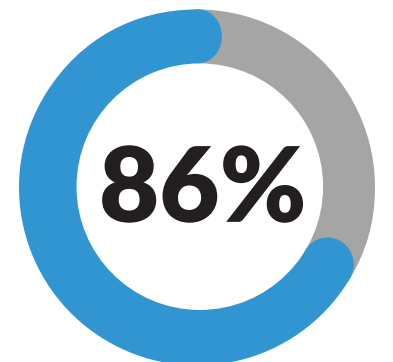


Only 25% of students seek support for self-reported mental health problems

(Garinger, 2010; Mackenzie, Erickson, Deane, & Wright, 2014)

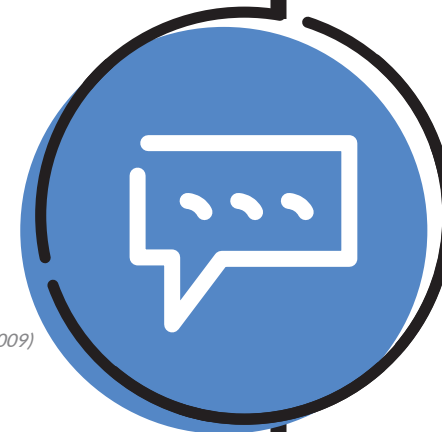
86% of student with a diagnosed mental illness drop out of university

(Adalf, 2005)



Suicide rates amongst college aged students are 3x higher than they were in the 1950's

(Owusu, 2017)



HEALTHY LIVING

“When students are healthy, they are more able to concentrate on their studies and reach their potential”

(Canadian Association of College and University Student Services [CACUSS] & Canadian Mental Health Association [CMHA], 2013; Canadian Organization of University and College Health, 2014)

STUDENT SUCCESS

“Stress has been identified as the foremost impediment to academic performance, outranking the other impediments to learning such as viral infections, sleep disturbances, concerns about family members and friends, and relationship problems”

(Cave, 2011; Dusseller, Dunn, Wang, Shelley II, & Whalen, 2005; Ontario Reference Group, 2009)

SOCIAL SUPPORT

“Research has repeatedly shown that social support and overall mental health are significant predictors of academic achievement”

(DeBerard, Spielmans, & Julka, 2004)

