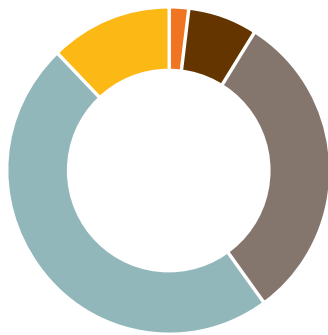


MENTAL HEALTH

MENTAL HEALTH includes our emotional, psychological and social well-being. It affects how we think, feel and act. It also affects how we are able to cope with stress, interact with others and make choices. Many factors affect mental health, both positively and negatively. Everyone has mental health.

WHAT'S HAPPENING HERE:

LEVEL OF STRESS BEING EXPERIENCED:



2% NO STRESS

7% LESS THAN AVERAGE

31% AVERAGE

48% MORE THAN AVERAGE

12% TREMENDOUS

85%

of students felt overwhelmed at some point during the past year.

61%

of students felt very lonely at some point during the past year.

SPOTLIGHT ON MENTAL HEALTH

- ▶ Mental health is essential to academic success as well as a person's ability to participate fully and meaningfully in all other areas of life.
- ▶ Stress, anxiety and depression were the top 3 factors that students reported negatively affected their academics in the past year.
- ▶ Stress can contribute to physical illness, decreased immune function, and disrupted sleep, as well as anxiety and depression.

TAKE ACTION

- ▶ Reach out and talk to someone when you are struggling. There are many resources available for students!
- ▶ Always schedule time to do things you enjoy such as: exercise, visit a friend, walk, volunteer, do art. Whatever makes you happy.
- ▶ Make sure you are getting enough sleep, eating well and minimizing caffeine and substance use.
- ▶ Listen to others and be aware of signs of distress. If someone is struggling, help connect them to someone who can help.
- ▶ Join a student group that promotes mental health awareness.
- ▶ Request a Healthy U stress workshop.
- ▶ Visit Healthy U to learn mindfulness and relaxation techniques.

MENTAL HEALTH RESOURCES

ON CAMPUS:

- Student Counselling Centre
 - Groups and workshops, One-on-one counselling
- University Health Service
- Student Support Case Management
- Indigenous Elders

OFF CAMPUS:

- Klinik Community Health Centre 24 hour crisis line: **204-786-8686**
- Klinik Free Drop-In Counselling: **204-784-4067**
- Mobile Crisis: **204-940-1781**

ONLINE:

- Calm in the Storm App: calminthestormapp.com
- One minute meditations: just-a-minute.org
- Live Well: umanitoba.ca/livewell



UNIVERSITY
OF MANITOBA

*Data compiled from spring 2016 NCHA survey.

Sources and references are available at: umanitoba.ca/student/health-wellness/ncha-sources.html