

# Canada's STUDENT MENTAL HEALTH NETWORK



A one-stop digital shop for **mental health education, tools,** and **resources** curated for post-secondary students.



Created and curated "**for-students, by-students**" and reviewed by experts



Free and accessible universal mental health promotion for all

# PILLAR #1: LEARN

PROVIDE FREE AND RELIABLE MENTAL HEALTH EDUCATION  
TAILORED TO POST-SECONDARY STUDENTS



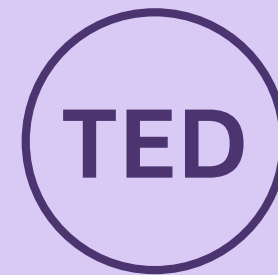
**MENTAL HEALTH MODULES:** Information about topics related to mental health in the context of the post-secondary setting.



**TOOLKIT LIBRARY:** A series of toolkits on topics ranging from financial management, to the basics of CBT, to relationships.



**MENTAL HEALTH COURSES:** directory of TED and TEDx Talks addressing topics related to mental health and wellbeing.



**TEDTALK LIBRARY:** A directory of TED and TEDX Talks addressing topics related to mental health and wellbeing.

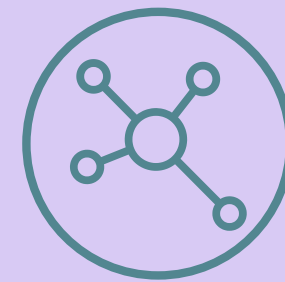
# PILLAR #2: CONNECT



ENCOURAGE STUDENTS TO FORM ROBUST SOCIAL SUPPORT NETWORKS BY PROVIDING LINKS TO RESOURCES DESIGNED TO ENCOURAGE PEER CONNECTION AND HEALTHY RELATIONSHIPS.



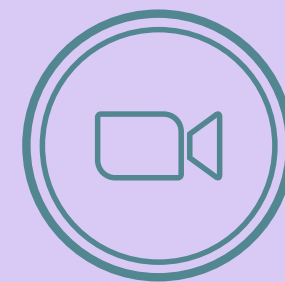
**CLUBS PORTAL:** Directory of students clubs at all universities and colleges across Canada.



**CONNECTIONS TOOLKIT:** A toolkit of resources for getting involved at school, meeting new people, and identifying healthy.



**PODCAST:** Episodes are released bi-weekly, featuring conversations with students and subject matter experts.



**ONLINE FORUMS:** Directory of existing online forums, designed to foster a sense of community and shared experience

# PILLAR #3: ACCESS



IMPROVE STUDENTS' AWARENESS OF THE RESOURCES AND SERVICES AVAILABLE TO THEM - FROM FORMAL, DOWNSTREAM TREATMENT ON THEIR POST-SECONDARY CAMPUS, TO LESS-INTENSIVE, UPSTREAM OPTIONS



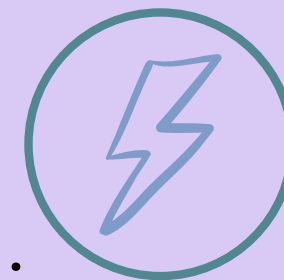
**MENTAL HEALTH APPS:** Curated library of mobile mental health apps ranging from CBT-based to disorder-specific apps.



**RESOURCE BANK:** A bank of mental health resources with complete contact information, on and off campus.



**CAMPUS HEALTH SERVICES MAP:** Interactive, GIS-enabled map of campus health services (physical, mental, academic).



**STRESS MANAGEMENT:** Curated library of stress reduction strategies, organized across student stressors.