



Mental Health
Commission
of Canada

Commission de
la santé mentale
du Canada



The National Standard for Mental Health and Well-Being for Post-Secondary Students

What is the Standard?

The **National Standard of Canada for Mental Health and Well-Being for Post-Secondary Students**—the first of its kind in the world—is a set of flexible, voluntary guidelines to help post-secondary institutions support the mental health and well-being of their students.

The Standard can support your post-secondary institution to

- ▶ increase awareness about mental health and decrease stigma
- ▶ foster healthier, safer campuses
- ▶ support student success and well-being
- ▶ build skills for resilience in school, work, and life.

How does the Standard work?

The Standard is adaptable and grounded in a commitment to continuous improvement, allowing each post-secondary institution to set goals for improving student mental health and well-being over time based on their unique context, resources, and priorities.

The Standard is underpinned by six guiding principles:

- 1. Student-centredness**
- 2. Equity, diversity, and inclusion**
- 3. Knowledge informed**
- 4. Health promotion and harm reduction**
- 5. Thriving community and culture of well-being**
- 6. Continuous improvement**



Getting started

- Access your copy of **the Standard**.
- Download the **Starter Kit**, which will help your institution to take its first steps in aligning with the Standard.
- Use the **Reflection Tool** to support self-reflection and help you connect the Standard to work already underway at your institution.



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Scan Here to Get Started:



Learn more:

mentalhealthcommission.ca/studentstandard

Putting the Standard into action

- Access eight **Standard Support Tools** featuring practical guidance to support your implementation journey.
- Learn how four Canadian institutions are **bringing the Standard to life** in meaningful and impactful ways.
- Discover **common barriers and enablers** that institutions are experiencing as they work with the Standard.
- Watch a **video series** to hear from four post-secondary students about their unique perspectives on the Standard.
- Check out the **Campus Mental Health Action Tracker** to track your institution's implementation of the Standard.