



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

What is the Standard?

[The CSA Z2003:20 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.

How does the Standard work?

The Standard is adaptable, so each post-secondary institution can decide what is achievable based on their situation, resources, and community context. And because it is grounded in a commitment to continuous improvement, each can determine its own priorities for improving student mental health and well-being over time, no matter where they start.



[Watch this video](#) for more information about the Standard

The Standard can support your post-secondary institution to:

- ✓ raise awareness about mental health, and decrease stigma,
- ✓ provide healthier and safer institutional environments,
- ✓ improve opportunities for students to flourish.

Where can you start?

A [Starter Kit](#) was created to help post-secondary institutions take their first steps in aligning with the Standard – in the COVID-19 context and beyond.

set your own pace | stay flexible | continuously improve



[Access your copy of the Standard](#)

Add the complimentary Standard to your cart and create a CSA Store account to download it



[Download the Starter Kit](#)



[Join the community at the Centre for Outreach, Resources, and Engagement \(CORE\)](#) to access supportive resources



Mental Health Commission of Canada
Commission de la santé mentale du Canada



Questions? Contact us at StudentStandard@MentalHealthCommission.ca

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