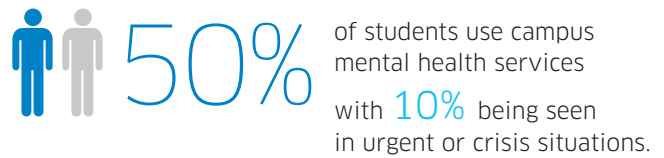
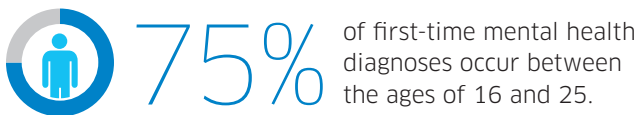




# Post-Secondary Student Mental Health

PROMOTING STUDENT SUCCESS

Getting a post-secondary education can be exciting and challenging. It's an important time to be aware of how to maintain good mental health and how to deal with problems when they occur.



## A new Standard to support student Mental Health and Wellness

The Mental Health Commission of Canada (MHCC) has started a two-year project to develop a Standard on Psychological Health and Safety for post-secondary students. These guidelines will help Canada's post-secondary institutions protect and promote student psychological health and safety, and support student success. The Standard will build upon and learn from many outstanding programs, frameworks, and promising practices that exist.

## Get involved

To learn more about the Standard, including cross-country consultations, visit our website: [mentalhealthcommission.ca](http://mentalhealthcommission.ca) or contact [studentstandard@mentalhealthcommission.ca](mailto:studentstandard@mentalhealthcommission.ca)

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