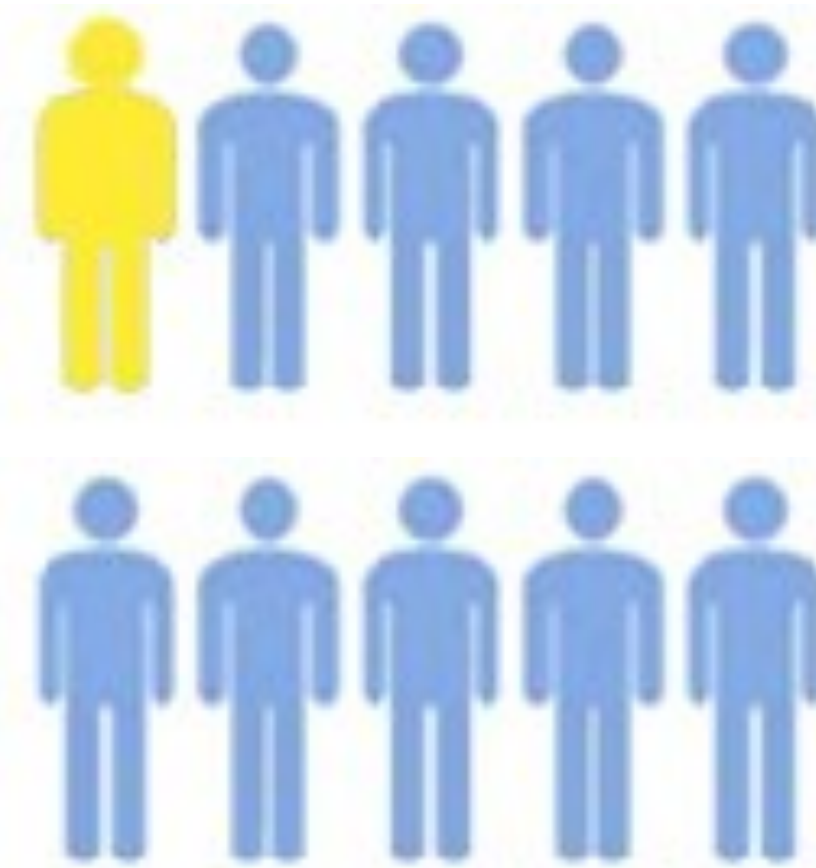




9 in 10 university students have felt overwhelmed

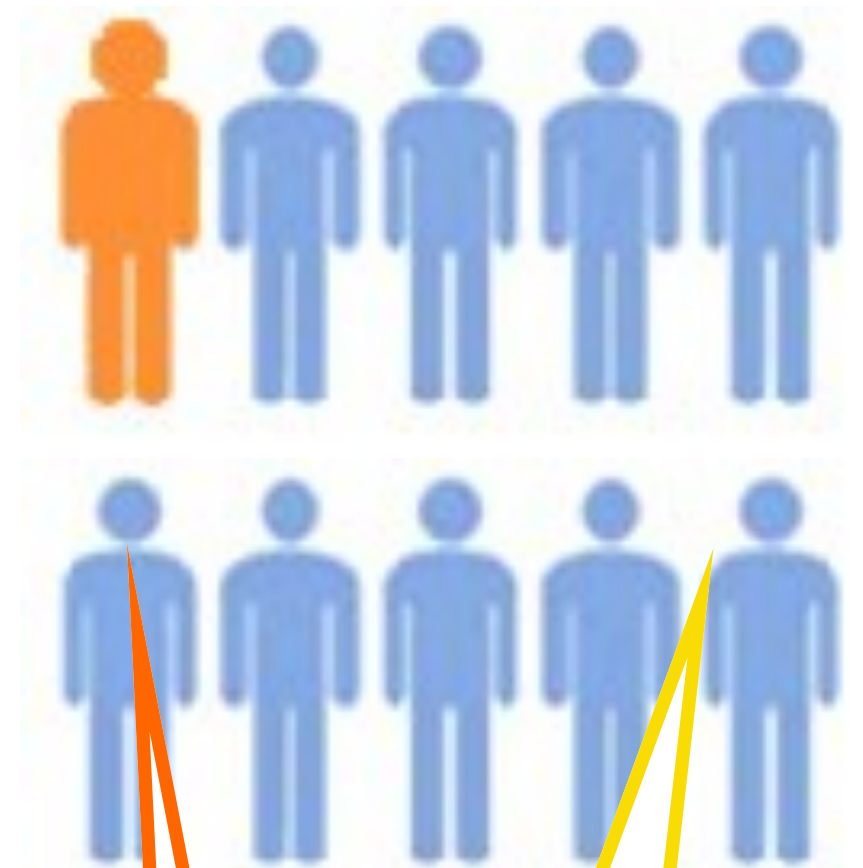


4 in 10 have been depressed



1 in 10 have considered suicide

BUT ONLY 1 IN 10 STUDENTS SEEK PROFESSIONAL HELP



# Let's Reduce Mental Illness Stigma & Promote Help-Seeking @ University!

Because I face stigma!

Mental Illness is an invisible disability

Expand academic orientation presentations to include Mental Health Ambassadors that:

have been affected by mental illness

are ideally upper year students

have benefitted from university or other services

are dynamic, inspiring, young, and relatable