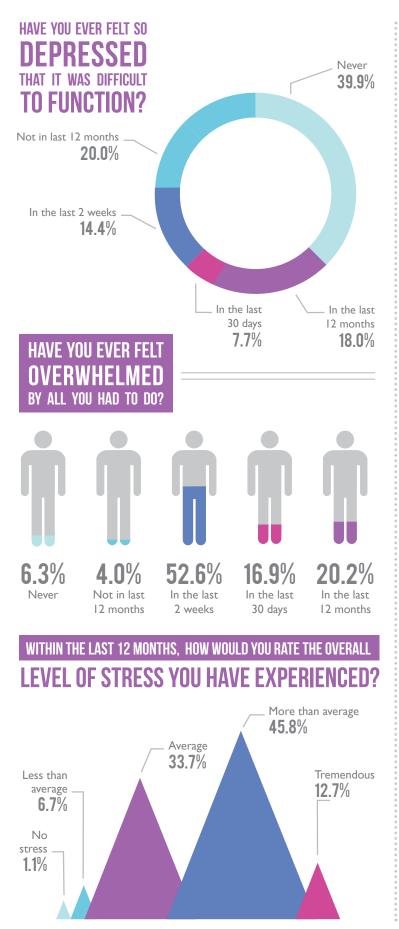
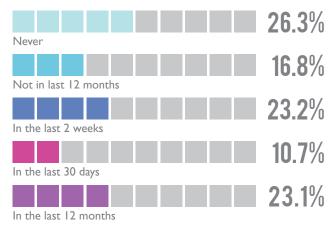
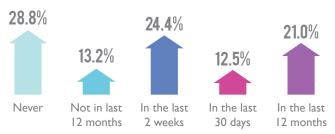
## A SNAPSHOT OF ONTARIO POST-SECONDARY STUDENT MENTAL HEALTH



## HAVE YOU EVER FELT THINGS WERE HOPELESS?



## HAVE YOU EVER FELT OVERWHELMING ANXIETY?



## WITHIN THE LAST 12 MONTHS, HAS ANY OF THE FOLLOWING BEEN TRAUMATIC OR VERY DIFFICULT FOR YOU TO HANDLE?

YES RESPONSES: Academics 59.2%

Career related issue

32.6%

Personal appearance

28.1%

Health problem of a

family member or partner

22.1%

Finances 35.6%

Intimate relationships

31.6%

Other relationships

28.0%

Death of a family

member or friend

15.7%

Sleep difficulties 33.1%



Family problems **31.3%** 



Personal health issue



Infographics: Jessica Glemnitz