



## MENTAL HEALTH



### UBC Cares:

Increase community members who feel mental health is a UBC priority by 2025



### Mental Health Literacy:

Community members have access to opportunities to develop mental health literacy

# 100+

mental health workshops delivered by units in HR, Student Services, and Workplace Health Services.



Celebrated **10 Years of Thrive** at UBC, supporting mental health literacy, with a month-long campaign.

**240+ Thrive events** were held by **113 partners.**



**85% increase** in the number of managers trained and certified in **The Working Mind for Managers**, a training program aimed at increasing mental health literacy.

Campus Health led UBC Okanagan in hosting the **first Jack.org summit** in the interior.



**38 QPR Workshops**

**5 Mental Health First Aid Workshops**

38 QPR workshops and 5 Mental Health First Aid Workshops engaged **782 faculty, staff and student participants** in mental health literacy capacity-building at UBC Vancouver.



**"Connecting the Dots" workshops** at UBC Okanagan equipped student leaders with resiliency skills as they transition from post-secondary school into careers.

Mental health literacy learning outcomes and curriculum delivered to **all Jump Start and Go Global students.**