

Mental Health at Trent

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What do Trent students know / not know about on-campus mental health services?
How can we improve these services to better meet student needs?

METHODOLOGY

This project was approved by Trent University's Research Ethics Board. A literature review was conducted which cited 25 different sources: peer-reviewed journal articles, community reports, and university websites. The survey instrument was designed and administered through Qualtrics. A total of 208 participants completed the online survey.

EVALUATION OF STUDENT WELLNESS CENTRE

The Counselling Centre

- 39/54 students agree or strongly agree that appointments were scheduled within a reasonable time
- 47/55 students agree or strongly agree that services were easy to access

Student Accessibility Services (SAS)

- 11/14 students agree or strongly agree that SAS helped them remain at Trent
- 14/15 students agree or strongly agree that services were easy to access.

Health Services

- 18/33 students agree or strongly agree that appointments were scheduled within a reasonable time
- 26/34 students agree or strongly agree that services were easy to access



Trent Community
Research Centre

STRIKING FINDINGS

56% needed mental health support but did not access it

47% experienced stigma

19% have tremendous stress

17% have talked to professors about mental health issues, and many professors talked students through the issues

Many students either cannot name any mental health services at Trent, or vaguely mention general departments in Blackburn Hall

RECOMMENDATIONS

1. Student Wellness Centre should partner with Trent Active Minds to create an on-campus anti-stigma campaign for Trent students.
2. Student Wellness Centre should use a variety of methods to market its services to Trent students.
3. Have professors complete a mental health / support services unit as part of mandatory employee training