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

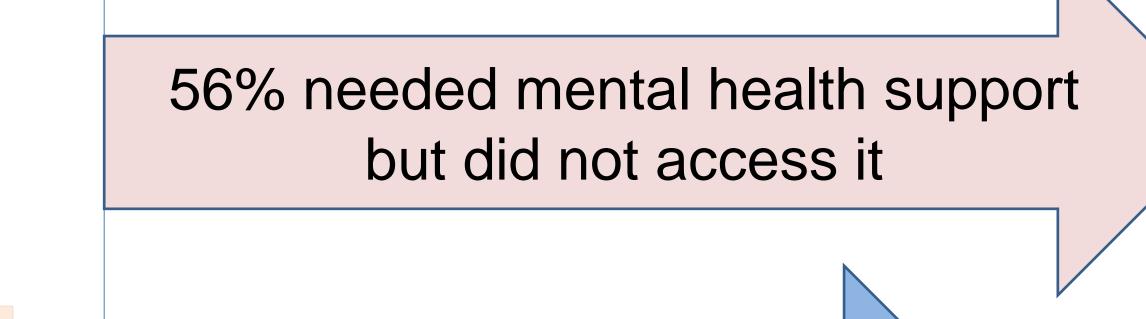
- 39/54 students agree or strongly agree that appointments were scheduled within a reasonable time
- 47/55 students agree or strongly agree that services were easy to access

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



47% experienced stigma

STRIKING FINDINGS

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

19% have tremendous stress

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

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





