MBPGSA MENTAL HEALTH & WELLNESS COMMITTEE

**MH&W CHALLENGES 2018-2019**
*Survey results from a 2018 survey of MBP students executed by the MBPGSA MH&W Committee*

1. **Do you struggle with anxiety or depression?**
   - Yes: 31%
   - No: 16%
   - Unsure: 16%
   - Acute anxiety/depression: 37%
   - Chronic anxiety/depression: 24%

2. **Have your levels of anxiety or depression worsened since you started graduate school?**
   - Yes Substantially: 25%
   - Somewhat: 33%
   - No: 14%
   - Prefer not to say: 4%
   - Do not experience anxiety or depression: 16%
   - No: Stayed the same or improved: 17%

3. **Is your anxiety or depression tied to/worsened by your graduate student experience?**
   - Yes: 14%
   - Unaffected: 17%
   - Substantially: 53%
   - Worsened by my graduate experience: 16%

**GRADUATE SCHOOL-RELATED STRESSORS**

- **Career Anxiety**
- **Supervisor/Co-worker Relationships**
- **Lack of Motivation**
- **Pressure to Succeed**
  - Nature
  - Science
  - Cell
- **Lack of Access to Resources**

**HOW TO HELP?**

Promote a Circle of Support
Encourage students to find someone who they are comfortable speaking to when times get tough; it doesn’t necessarily have to be you.

On-Campus Resources are available to UofT Faculty & Students
The MH&W committee has created resource sheets for students that can be made available on-hand by Faculty. As well, UofT has Faculty specific resource sheets that can help you support your students.

MBPGSA MH&W Faculty Liaison
The MBPGSA is looking for a faculty member interested in helping run mental wellness initiatives for faculty and students, including:
- Meetings with the MH&W committee
- Promoting mental health initiatives to Faculty
- Recruiting faculty to MH&W-related events

Brought to you by the MBPGSA Mental Health & Wellness Committee.
For more information please contact mbpgsa@gmail.com