

# Mental Health & Wellness (MH&W)

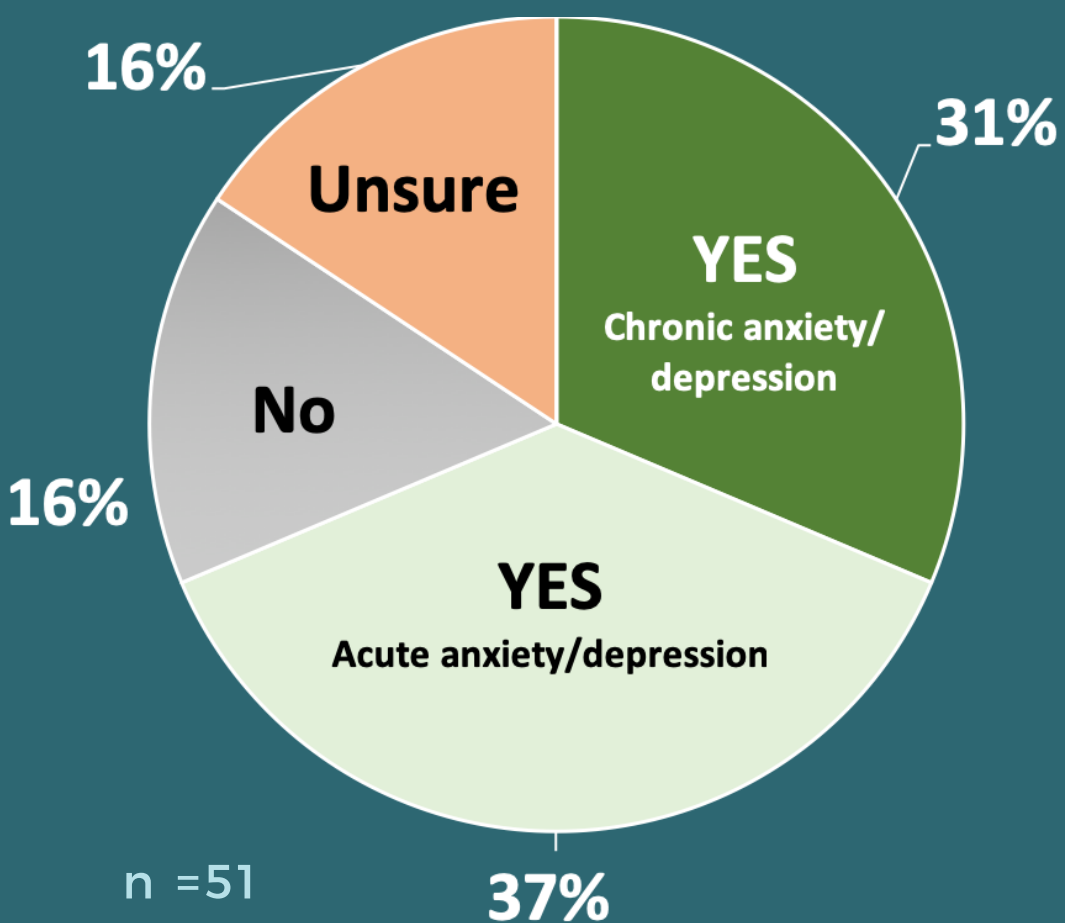
## Report: 2018-2019 Summary

### MBPGSA MENTAL HEALTH & WELLNESS COMMITTEE

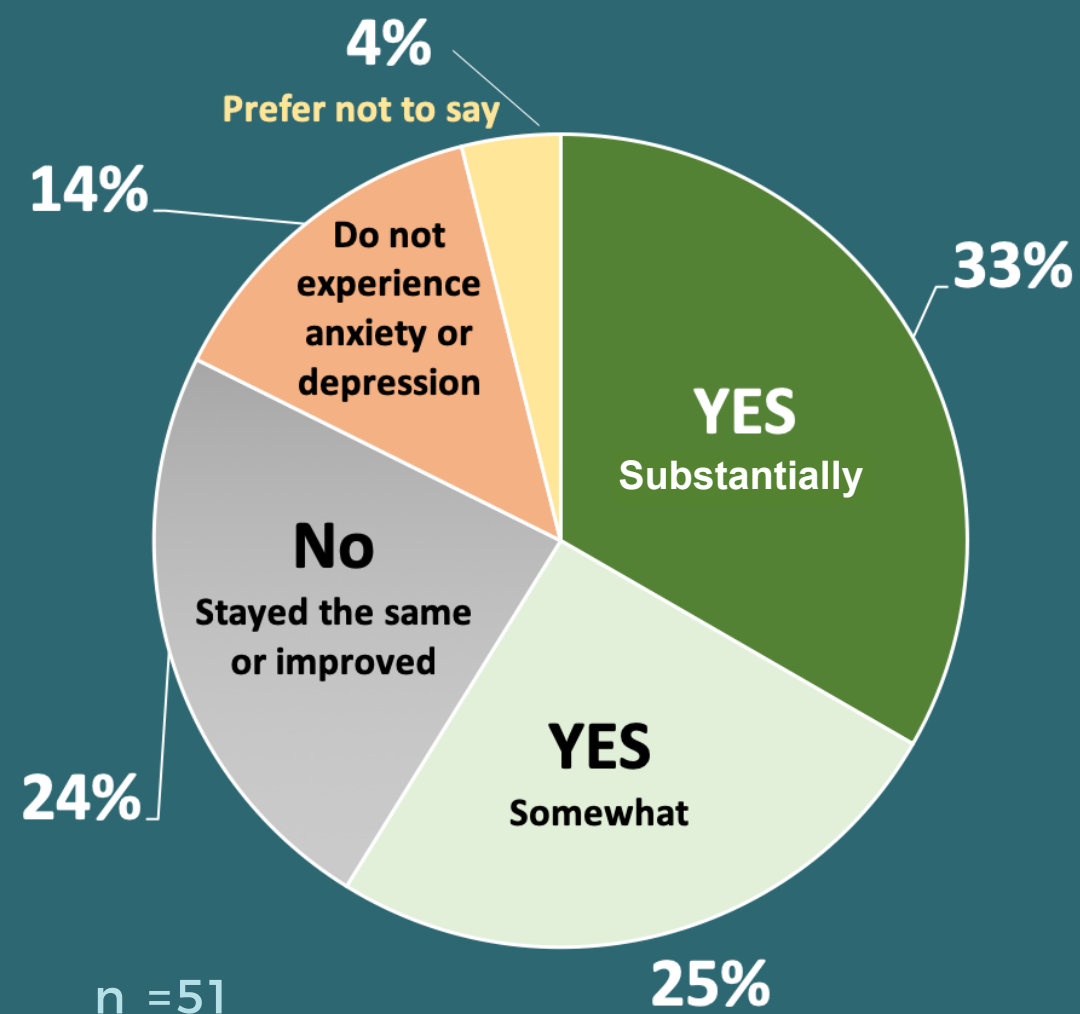
#### MH&W CHALLENGES 2018-2019\*

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

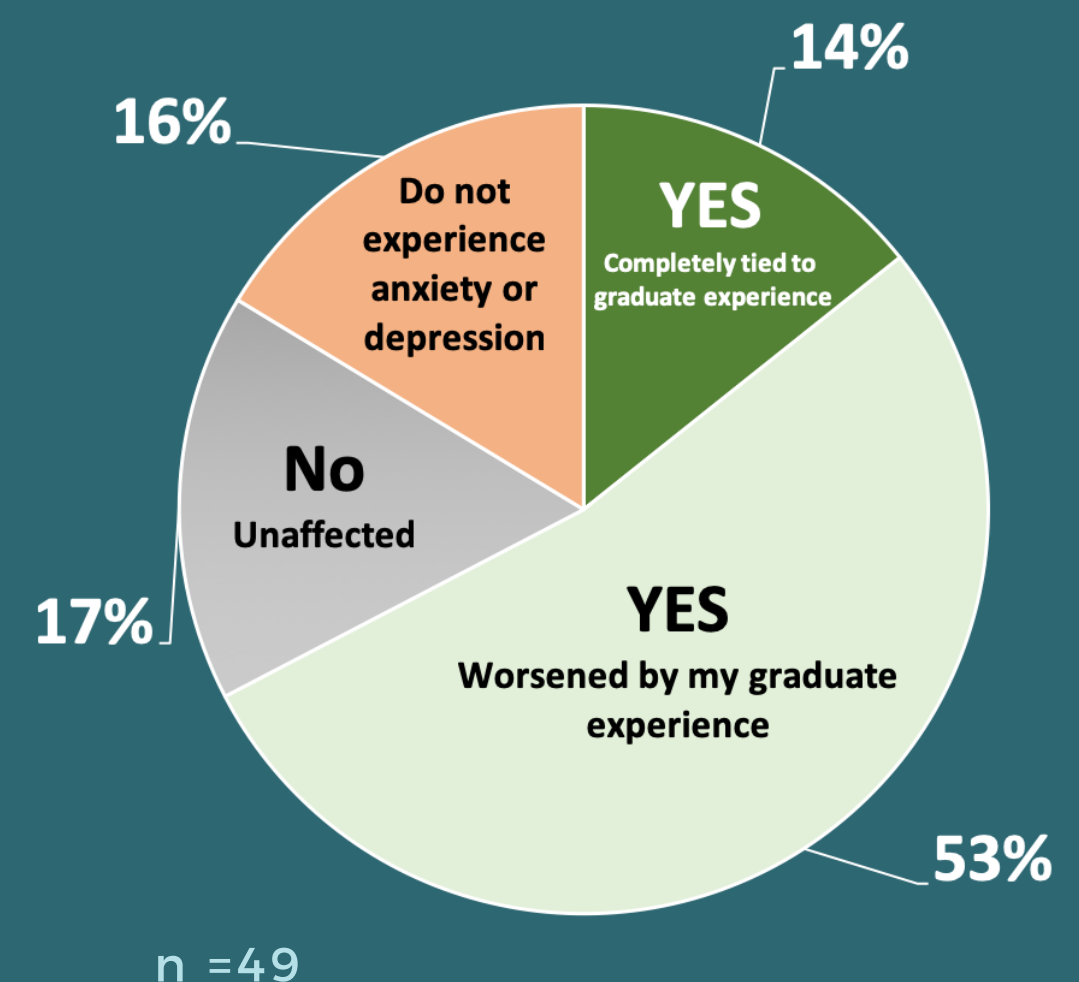
Do you struggle with anxiety or depression?



Have your levels of anxiety or depression worsened since you started graduate school?



Is your anxiety or depression tied to/ worsened by your graduate student experience?



#### GRADUATE SCHOOL-RELATED STRESSORS

**Career Anxiety**



**Supervisor/Co-worker Relationships**



**Lack of Motivation**



**Pressure to Succeed**



**Lack of Access to Resources**



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

#### HOW TO HELP?



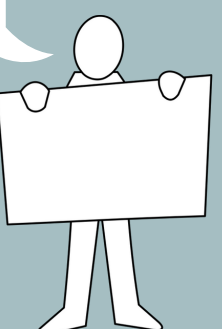
##### Promote a Circle of Support

Encourage students to find someone who they are comfortable speaking to when times get tough; it doesn't necessarily have to be *you*.

Try UofT's 20 min  
[iar.utoronto.ca](http://iar.utoronto.ca)  
mental health training

##### 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