

Mental Health Awareness Week

19%
of HSC students
reported ever
being diagnosed
with depression

25%
of HSC students
reported ever
being diagnosed
with anxiety

35%
of HSC students
reported ever
being diagnosed
with a mental
health condition

Why is this week important?

Everyone is impacted by mental health conditions – including the friends, family, and peers who don't live with a mental health condition themselves. Nearly one in three HSC student experiences a mental health condition each year, which impacts those who know and love them.

For HSC students, who often face unique pressures—balancing rigorous academic programs, clinical experiences, and personal responsibilities—it's a time to emphasize that mental health is important and crucial to wellbeing.

Together, we can:

- Reduce stigma around seeking help for mental health issues,
- intervene early in mental health crises,
- promote resources and support,
- foster community and empathy,
- and encourage positive coping skills.

Scan to take a
mental health
screening

