

DID YOU KNOW ?

- 1 in 5 Canadians will experience a form of mental illness at some point in their lives
- A recent survey indicated that 64% of current York U students find academic work traumatic or stressful and 35% of all York U's long term disability cases are due to a mental health condition.

York U is committed to helping students, faculty and staff cope with stress, depression, anxiety disorders and addiction and is currently developing a comprehensive mental health strategy that will help contribute to a healthier campus.

TALKING IS THE FIRST STEP.

YORK U LET'S TALK MENTAL HEALTH

TUESDAY FEBRUARY 12TH, 2013

Learn more about the mental health resources currently available on campus and how to access them. And share your thoughts with others on what you think a mentally healthy campus would look like.

- **MENTAL HEALTH FAIR : 10AM - 3PM, VARI HALL**
- **COMMUNITY DIALOGUE : 12 - 2PM**

IN PERSON: TRIBUTE COMMUNITY HALL - ACCOLADE EAST

ONLINE: VIEW LIVE WEBCAST AND CONTRIBUTE TO THE DIALOGUE AT YORKU.CA/MENTALHEALTH

Your participation and input will help inform the details of York's new, comprehensive mental health strategy.

#YUMENTALHEALTH

EVENT PARTNER:  **Bell**
Let's Talk