

KITE Mental Health Guide

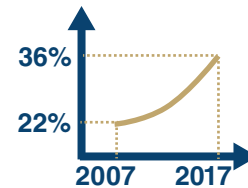
Good mental health is key to our general wellness and well-being. It also increases our ability to be creative and work together.

Here at KITE we are committed to promoting mental health and prioritizing the well-being of our trainees, scientists, and staff.

Students



Graduate students are up to six times more likely to experience anxiety & depression than the general population¹

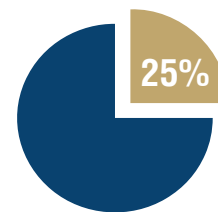


Lifetime mental health diagnoses are on the rise²

15-24 Year Olds



2nd



Suicide is the second leading cause of death in young adults³

Suicide accounts for almost 25% of all deaths among young adults³

Trainees & Early Career Researchers



Over a third of KITE trainees and ECRs ranked mental health and wellbeing among their top 3 priorities⁴

¹ Evans, T. M., Bira, L., Gastelum, J. B., Weiss, L. T., & Vanderford, N. L. (2018). Evidence for a mental health crisis in graduate education. *Nature biotechnology*, 36(3), 282.

² Lipson, S. K., Lattie, E. G., & Eisenberg, D. (2018). Increased rates of mental health service utilization by US college students: 10 year population-level trends (2007–2017). *Psychiatric services*, 70(1), 60-63.

³ Statistics Canada. CANSIM Table 0561-102. Leading causes of death, total population, by age group and sex, Canada, annual.

⁴ KITE Professional Advancement & Continuing Education (PACE) survey results (2019).

Mental Health Distress Can Be Experienced in Various Forms

What Do To When Someone is in Distress

1. Acknowledge

- Speak with them in person and in private (unless it feels unsafe to do so).
- Stay calm and listen carefully.
- Be specific about the behaviour you've noticed.
- Express your concern.

2. Inquire and Listen

- Try to understand their perspective without judgment.
- Take their concerns seriously. Don't dismiss or minimize.

3. Provide Information and Encouragement

- Provide them with information about resources and offer to make appropriate referrals.
- Offer support, but be cautious about giving advice.
- Do not promise to keep information private or confidential.

4. Know Your Limits

- Don't feel it's your responsibility to solve their problem.
- Understand your limitations and get other people involved.

*Adapted from *Identifying and Responding To Students in Distress - A Guide for Faculty and Staff*, York University

Signs of Mental Health Distress



Irritability & Anger



Substance Abuse



Anxiety & Sadness



Suicidal Thoughts



Changes in Personal Hygiene/Appearance



Purposelessness & Hopelessness



Mood Changes



Recklessness



Feeling Trapped

Available Resources

- UofT Student Health and Wellness (416) 978-8030
- International Students (Immediate counselling available in 35 & support in 146 languages) (844) 451-9700
- Good to Talk - Post-secondary student helpline (866) 925-5454 good2talk.ca
- UHN Employee Confidential Employee Assistance Program (Includes Postdocs and their families) (888) 814-1328 workhealthlife.com
- Mental Health Helpline Ontario (866) 531-2600
- Distress Centres Toronto (416) 408-4357
- Gerstein Crisis Centre (416) 929-5200
- Canadian Suicide Prevention Service (833) 456-4566 crisisservicescanada.ca
- Canadian Association for Suicide Prevention (24/7) suicideprevention.ca/need-help
- Centre for Addiction and Mental Health (24/7) 250 College Street
- Sexual Assault/Domestic Violence Care Centre (416) 323-6040