



A Walk into the Journey of Indigenous Learners' Mental Wellness in Post-Secondary Education

This report explores how post-secondary institutions can effectively support Indigenous students' mental wellness by highlighting and centering their voices and recommendations.

TWO FOUNDATIONAL PRINCIPLES OF MENTAL WELLNESS

Balance

Holistic sense of well-being, covering physical, mental, emotional, and spiritual aspects, and emphasizing interconnectedness with the environment, community and ancestors.

Place/Space

Dedicated physical spaces that are safe and culturally representative. They serve as a living archive of experiences, knowledge, and cultural memory.

SIX PATHWAYS OF SUPPORT

Fostering relationships and community building

Supporting students in building trusted relationships and peer communities that foster belonging, mutual support, and shared understanding.

Increasing access to emergency resources

Timely, low-barrier emergency supports that address immediate needs (e.g., food, housing, childcare) to protect stability and mental wellness during crisis.

Nurturing cultural connection

Creating meaningful opportunities to engage with culture, ceremony, land, language, and tradition as a foundation for holistic wellness.

Expanding avenues to healing

Access to culturally safe, trauma-informed, and Indigenous-centred healing supports that acknowledge intergenerational experiences and support mental wellness across the full continuum.

Encouraging life skills development

Equipping students with practical life skills that reduce daily stress, build confidence, and support navigation of academic, personal, family, and financial responsibilities.

Cultivating professional development opportunities

Indigenous-centred professional development, mentorship, and skill-building experiences that support career readiness, confidence, and self-determination beyond academic achievement.

