



# Exploring the Impact of Key Demographic Variables on Indigenous Students' Well-Being and Support Service Utilization

This report examines demographic differences in Indigenous students' mental wellness and their use of support services.

## → RECOMMENDATIONS

- Expand culturally relevant support services in post-secondary institutions
- Ongoing evaluation and feedback mechanisms for mental health and Indigenous services



### WHAT WAS INVESTIGATED:

Differences in mental wellness (MW), general health, cultural connectedness (CC), sense of belonging, stress level, and support service utilization across demographic subgroups within the Indigenous student population.

There was an age-related increase in mental wellness. 55- to 64-year-olds having significantly higher mental wellness and lower stress than 18- to 24-year-olds.

Those with a higher education had higher MW and MH scores than those with lower education levels. However, there was no significant relationship between education level and CC.

Gender-Diverse individuals had lower MW scores than men and women and the highest rate of access to support services. Women had lower MW scores than men.

First Nations respondents had the highest use of Indigenous services (54%) compared to Inuit (45%) and Métis (43%). Inuit respondents had the lowest satisfaction rate with Indigenous services (55%) compared to First Nations (76%) and Métis (78%).

