



# Indigenous Student Voices on Mental Health and Indigenous Supports: Barriers and Benefits

This report explores student feedback to identify strengths and gaps in mental health and Indigenous service accessibility and satisfaction.

## Why students turn to external, non-PSI support services:

- Availability of health benefits and funding
- More convenient and confidential
- Keeping cultural and spiritual ties



● External/Non-PSI Services

## Barriers to accessing PSI services

Lack of Need for Services



Lack of Advertising



Difficulties of Access



Not Feeling Accepted



## KEY FACTORS CONTRIBUTING TO EFFECTIVE SERVICES:

+ Acceptance

+ Safe Space

+ Trauma-informed

Indigenous post-secondary student looking to access mental health services



## RECOMMENDATIONS

- Create safe, inclusive and accommodating post-secondary environments by adopting:
  - Trauma-informed approaches
  - Increasing representation of Indigenous cultures
  - Offering virtual services
  - Hiring more staff for Indigenous services
- PSI services could collaborate with, learn from, and promote external, non-PSI support services and organizations.

