



Understanding the Interrelationship of Mental Wellness Factors: A Study of Indigenous Post-Secondary Student Experiences

This report explores the relationship between key factors related to Indigenous post-secondary students' mental wellness: general health, stress level, cultural connectedness, sense of belonging, and accessing support services.

MENTAL WELLNESS LANDSCAPE

Two factors playing a vital role in the mental well-being of Indigenous peoples

Cultural Connectedness

Sense of Belonging

The majority (73%) of respondents reported mental health to be "good" or "fair".

Stress Level

Additional factors related to Indigenous post-secondary students' mental wellness

General Health

32% of respondents reported to have a mental health condition.

Access to Support Services

- Mental Health Services
- Indigenous Services

51% of respondents accessed Indigenous services, while only 28% accessed general mental health services.

76% of respondents reported Indigenous services to meet their needs, whereas only 51% of respondents reported mental health services to meet their needs.

