

Help us improve mental health and prevent suicide among university students



UNIVERSITY OF
CALGARY

We are looking for:

- Current University of Calgary students between 17 and 29 years old who experienced a mental health concern or condition, problematic substance use, and/or suicidal thoughts and/or behaviours during their first and/or second year of undergraduate studies.

You will be asked to:

- Fill out a short questionnaire to determine if you are eligible to participate.
- Take part in a 60-minute group discussion about recommendations for mental health resources. This will be done on Zoom.
- Complete two short online surveys that will take about 10 minutes to finish.

Other information:

- You will **NOT** be asked to discuss details about your mental health experiences.
- Your participation and data will be confidential and will not be shared with anyone.
- You will receive a **\$20 e-gift card** for your participation.



To learn more about this study or to participate, send an email to:

mentalhealthstudy@ucalgary.ca

The University of Calgary Conjoint Faculties Research Ethics Board has approved this research study. REB21-0521.