

Project Title: Building Synergy in Promoting Mental Health Awareness Across Campus Using a Student-Led Participatory Action Approach

Project Summary *(150 words maximum)*

This project will expand the scope of the Mental Health Awareness Club (MHAC) and the Mental Health Needs Assessment (MHNA) project (both of which engage students in mental health awareness and interdisciplinary interactions with curricular and co-curricular activities) to engage international students in the newly developed Vantage College. This project proposes to pilot the MHNA participatory-action approach (PAA) that is currently integrated into the Occupational Therapy curriculum, in a Psychology curriculum at Vantage College. Through this pilot, the MHNA project for international students (INT-MHNA) will enhance academic learning, while the MHAC will expand its focus to be more inclusive of international students, helping them to better integrate into the UBC community through co-curricular involvement. Moreover, the results from the INT-MHNA project will help MHAC better understand international students' mental health needs, resulting in initiatives that will improve students' mental health awareness, their health and academic success.