

Calling all UBC Students!



Help design and develop a tool to improve student mental health

More than 50% of post-secondary students experience a mental health concern. A **mental health tool** called **HEARTSMAP-U** is being developed at UBC to help students assess their mental health needs and link them to resources. We need **your help** to customize the tool to the specific needs of students.

Why are we doing this study?

• To develop a mental health self-assessment tool for UBC students.

Who can participate in this study?

• Undergraduate and graduate students (ages 16 to 25 years).

What is involved

• Participate in a focus group with a diverse group of students to discuss ways to make HEARTSMAP-U more relevant to students.

Participants will be compensated \$60 for participation in focus groups. Food and beverages will be provided.

expression of interest survey using the QR code or contact our study

If you're interested, we ask you complete a short one-minute

team at: heartsmapgaps@bcchr.ca to get the link.

HEARTSMAP-U Study Email: <u>heartsmapgaps@bcchr.ca</u>	HEAKI SMAP-U Study Email: <u>heartsmapgaps@bcchr.ca</u> HEARTSMAP-U Study Email: <u>heartsmapgaps@bcchr.ca</u>	SMAP-U napgaps	HEARTSMAP-U Study Email: <u>heartsmapgaps@bcchr.ca</u>	HEARTSMAP-U Study Email: <u>heartsmapgaps@bcchr.ca</u>	HEARTSMAP-U Study Email: <u>heartsmapgaps@bcchr.ca</u> HEARTSMAP-U Study Email: <u>heartsmapgaps@bcchr.ca</u>	HEARTSMAP-U Study Email: <u>heartsmapgaps@bcchr.ca</u>	heartsmapgaps@bcchr.ca HEARTSMAP-U Study Email: <u>heartsmapgaps@bcchr.ca</u>	HEARTSMAP-U Study Email:
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