

References

Alberta Health Services. *Depression*. (2019). Retrieved November 25, 2020, from <https://myhealth.alberta.ca/health/pages/conditions.aspx?hwid=hw30709>

Alberta Health Services. *Mental and Behavioural Health*. (n.d). Retrieved November 25, 2020, from <https://myhealth.alberta.ca/health/pages/conditions.aspx?hwid=center1028>

Alberta Health Services. *Mental Health Problems and Stigma*. (2019, May). Retrieved November 25, 2020, from <https://myhealth.alberta.ca/health/pages/conditions.aspx?Hwid=ad1040spec>

Alberta Health Services. *Stress Management*. (2019). Retrieved November 25, 2020, from <https://myhealth.alberta.ca/health/Pages/conditions.aspx?hwid=rlxsk>

Canadian Mental Health Association. (2013). *Post-Secondary Student Mental Health: Guide to a Systemic Approach*. Healthy Campuses. Retrieved November 25, 2020, from <https://healthycampuses.ca/wp-content/uploads/2014/09/The-National-Guide.pdf>

Mount Royal University. *Campus Community Wellness: MRU*. (n.d.). Retrieved November 25, 2020, from <https://www.mtroyal.ca/CampusServices/WellnessServices/CampusCommunityWellness/index.htm>

Mount Royal University. *Crisis Resources: MRU*. (n.d.). Retrieved November 25, 2020, from <https://www.mtroyal.ca/CampusServices/WellnessServices/CRISISRESOURCES.htm>

Mount Royal University. *FAQ: MRU*. (n.d.). Retrieved November 25, 2020, from <https://www.mtroyal.ca/CampusServices/WellnessServices/FAQ/index.htm>

Mount Royal University. *Helping Others: MRU*. (n.d.). Retrieved November 25, 2020, from <https://www.mtroyal.ca/CampusServices/WellnessServices/Resources/HelpingOthers/index.htm>

Mount Royal University. *I Need Help: MRU*. (n.d.). Retrieved November 25, 2020, from <https://www.mtroyal.ca/CampusServices/WellnessServices/Resources/INeedHelp/index.htm>

Mount Royal University. *Mental Health Nurses: MRU*. (n.d.). Retrieved November 25, 2020, from <https://www.mtroyal.ca/CampusServices/WellnessServices/MentalHealthServices/MentalHealthNurses/index.htm>

Mount Royal University. *Mental Health Services: MRU*. (n.d.). Retrieved November 25, 2020, from <https://www.mtroyal.ca/CampusServices/WellnessServices/MentalHealthServices/index.htm>

Mount Royal University. *Physicians & Psychiatrist: MRU*. (n.d.). Retrieved November 25, 2020, from <https://www.mtroyal.ca/CampusServices/WellnessServices/MentalHealthServices/PhysiciansPsychiatrist/index.htm>

Mount Royal University. *Student Counselling: MRU*. (n.d.). Retrieved November 25, 2020, from <https://www.mtroyal.ca/CampusServices/WellnessServices/MentalHealthServices/StudentCounselling/index.htm>

Student Association of Mount Royal University. *Student Clubs*. (2020, September 09). Retrieved November 25, 2020, from <https://www.samru.ca/studentclubs/>

Photos

König, C. (2020). *Young man checking his mobile device in a modern office*. [digital image]. The Noun Project.

<https://thenounproject.com/photo/young-man-checking-his-mobile-device-in-a-modern-office-60VEDb/>

Lund, J. (2020). *University friends socializing and studying together*. [digital image]. The Noun Project.

<https://thenounproject.com/photo/university-friends-socializing-and-studying-together-bDVAp5/>

Lund, J. (2020). *Young students sitting at university campus working on laptop computer*. [digital image]. The Noun Project.

<https://thenounproject.com/photo/young-students-sitting-at-university-campus-working-on-laptop-computer-42g8xb/>

Lund, J. (2020). *Two college students studying together on campus*. [digital image]. The Noun Project.

<https://thenounproject.com/photo/two-college-students-studying-together-on-campus-bERMM0/>

Lund, J. (2020). *Group of students working on school assignment in classroom*. [digital image]. The Noun Project.

<https://thenounproject.com/photo/group-of-students-working-on-school-assignment-in-classroom-0W8JP5/>

Lund, J. (2020). *Young friends hiking in nature*. [digital image]. The Noun Project.

<https://thenounproject.com/photo/young-friends-hiking-in-nature-439MV0/>

Lund, J. (2020). *Man protesting with group outdoors on road*. [digital image]. The Noun Project.

<https://thenounproject.com/photo/man-protesting-with-group-outdoors-on-road-5kQZDb/>

Lund, J. (2020). *Close up image of female gardener hands holding a sapling at greenhouse*. [digital image]. The Noun Project.

<https://thenounproject.com/photo/close-up-image-of-female-gardener-hands-holding-a-sapling-at-greenhouse-0LLpy0/>

Lund, J. (2020). *Portrait of female healthcare worker in hospital hallway with medical report*. [digital image]. The Noun Project.

<https://thenounproject.com/photo/portrait-of-female-healthcare-worker-in-hospital-hallway-with-medical-report-0VW9k5/>

Shah, A. (2019). *London, England, United Kingdom - July 7th, 2019: Man and woman embrace at Pride*. [digital image]. The Noun Project.

<https://thenounproject.com/photo/london-england-united-kingdom-july-7th-2019-man-and-woman-embrace-at-pride-5Q2Mg4/>