

GSS Mental Health Survey Detailed Analysis

Prepared by Alexi Pauls, GSS COVID-19 Task Force

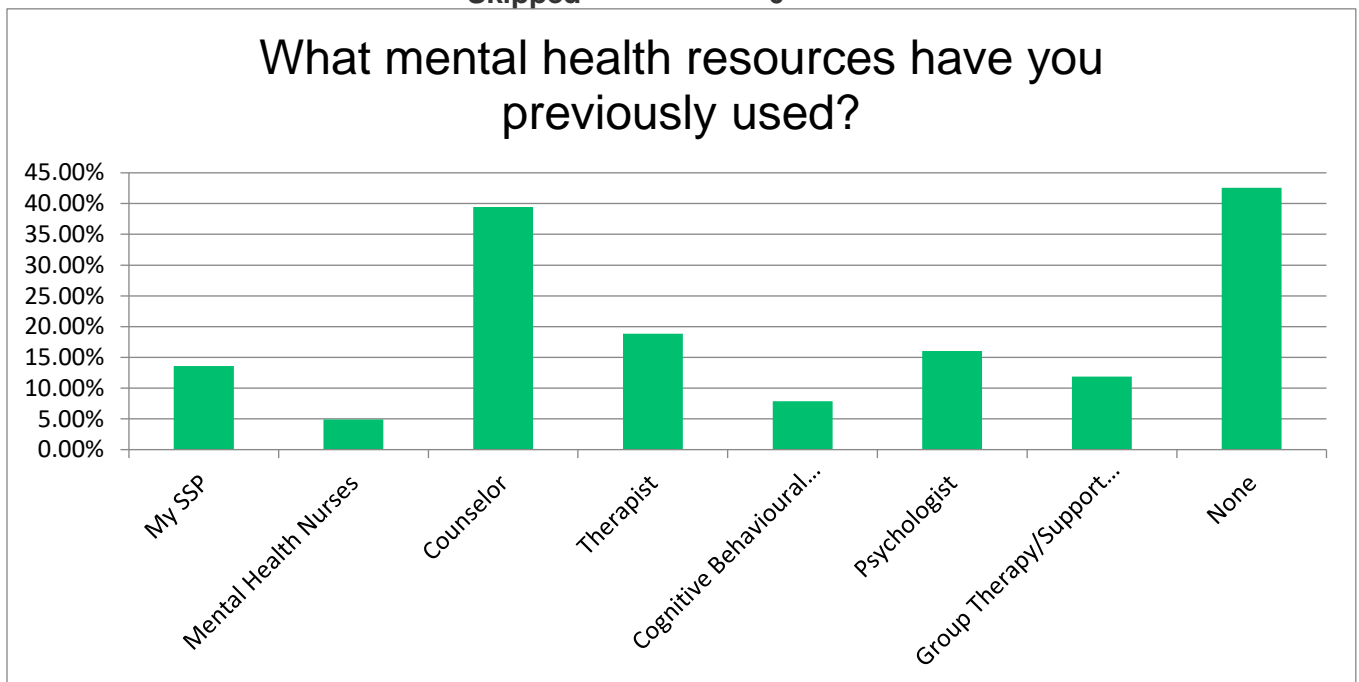
Survey Details:

- Online survey ran from November 10th to December 4th, 2020. The survey was promoted in the GSS Newsletter, GSS Council and through department emails
- Participation was voluntary, but respondents could enter a draw for 5 prizes of \$50 each.
- A total of 573 students responded to the survey with 509 fully complete responses (no skipped questions)
- The goal of this survey was to collect data on graduate students' mental health during the COVID-19 pandemic
- A specific end goal of this survey was to create workshops in collaboration with SFU Health and Counselling Services to meet graduate students' specific needs

*A summary of the three topics (Overall Mental Health and COVID-19, Mental Health Workshops, and My SSP) can be found at the end of this document

1) What mental health resources have you previously used?

Answer Choices	Responses	
My SSP	13.61%	78
Mental Health Nurses	4.89%	28
Counselor	39.44%	226
Therapist	18.85%	108
Cognitive Behavioural Therapist	7.85%	45
Psychologist	16.06%	92
Group Therapy/Support Groups	11.87%	68
None	42.58%	244
Other (please specify)		31
	Answered	573
	Skipped	0



Additional comments

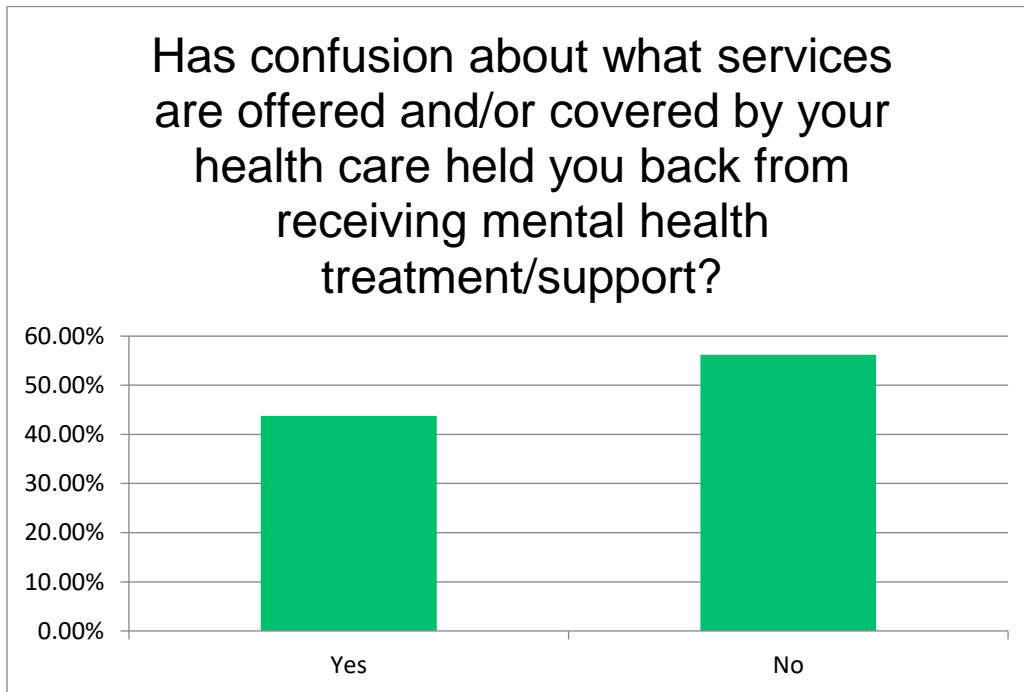
- Other forms of therapy such as EMDR, somatic and dialectical behaviour (3)
- Other health care practitioners such as doctors, naturopaths and psychiatrists (14)
- Medications such as antidepressants and anti-anxiety (3)
- Phone and app support such as Canada's crisis messaging line, Mindshift app, Calm app, AbilitiCBT app (3)

Highlighted individual responses

- tried to access a psychologist multiple times but couldn't get one
- recommended CBT but too expensive
- committed to a mental health facility

2) Has confusion about what services are offered and/or covered by your health care held you back from receiving mental health treatment/support?

Answer Choices	Responses	
Yes	43.78%	243
No	56.22%	312
Other (please specify)		11
	Answered	555
	Skipped	18

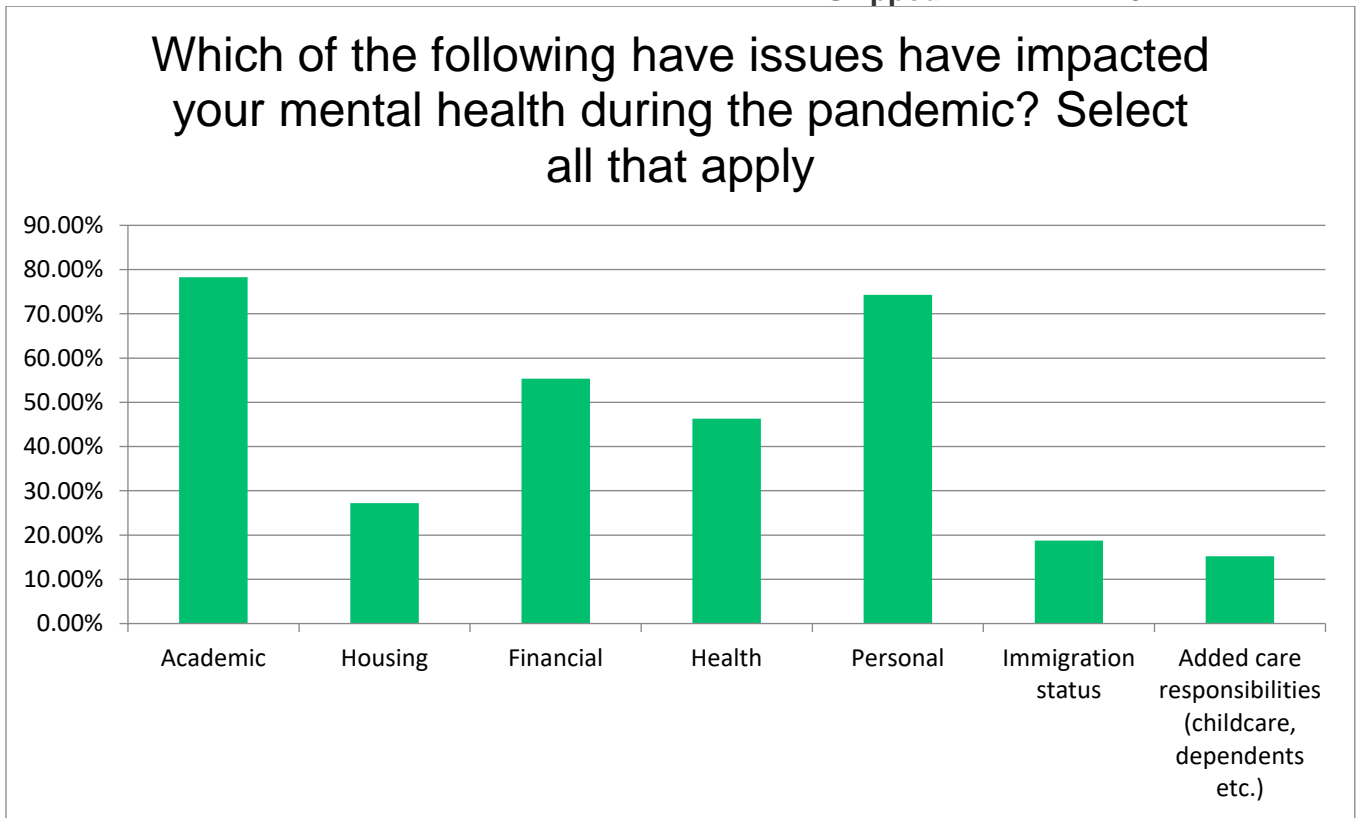


Additional comments

- Sometimes (1)
- Not located in Canada and either paying for supports in another country or unclear if Canadian supports can be used prior to entering the country (2)
- Unclear on the GSS Benefit Plan and therefore using external personal insurance to cover treatment (1)
- CBT is not covered and is required for condition (1)
- Availability and specific hours of treatment has prevented access to treatment (2)

3) Which of the following have issues have impacted your mental health during the pandemic? Select all that apply

Answer Choices	Responses	
Academic	78.24%	417
Housing	27.20%	145
Financial	55.35%	295
Health	46.34%	247
Personal	74.30%	396
Immigration status	18.76%	100
Added care responsibilities (childcare, dependents etc.)	15.20%	81
Other (please specify)		54
	Answered	533
	Skipped	40



Additional comments

- Isolation from family (worried about health) (6)
- Working from home (cabin fever, social isolation, interruption from room mates, no separation from work and home life) (14)
- News/state of the world (US elections, government pandemic response, racism/classism) (8)

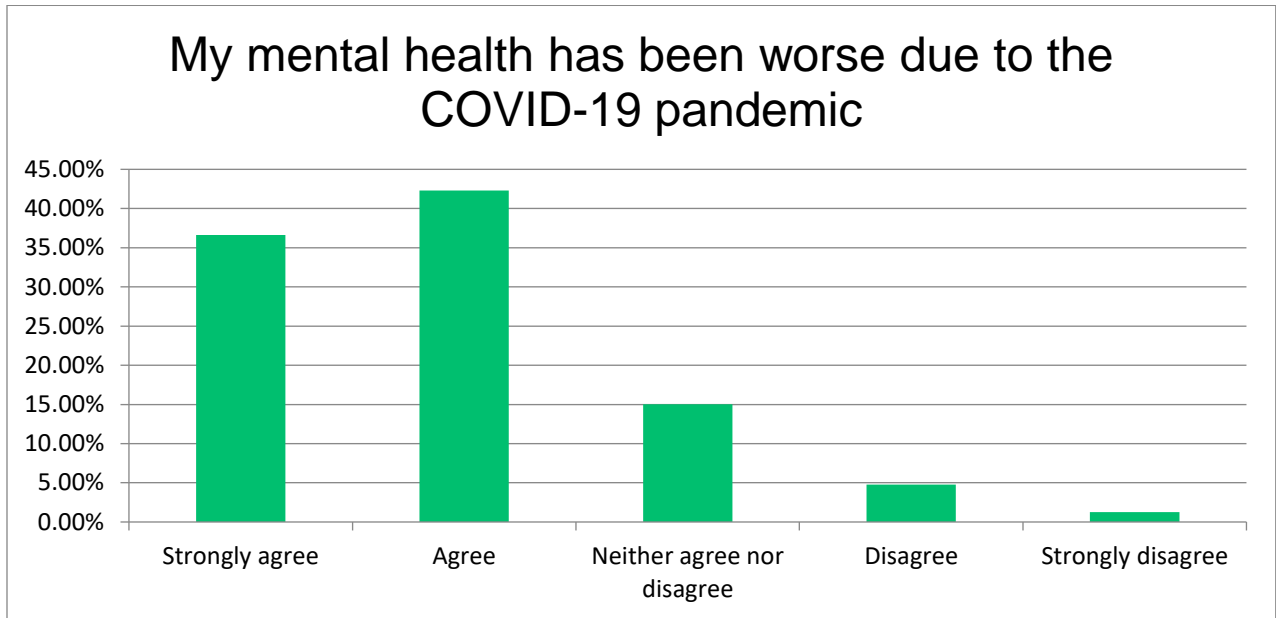
- Online classes (time zone differences, group projects without in person contact, lack of understanding from course instructors, differences in grading systems for online classes) (3)
- Anxiety about the uncertainty of the future (job prospects, COVID uncertainty) (4)
- Increased screen time (1)
- Work stress (teachers, part-time jobs, reduction in working hours, added work responsibilities) (5)
- Increased household responsibilities (childcare and other responsibilities) (2)
- Difficulty sleeping and sleep schedule (2)
- Access to mental health treatments, financial stress causing cancellation of treatments or lack of in-person mental health treatment (2)

Highlighted individual responses

- impact to my financial situation has resulted in having to permanently suspend my private therapy
- My wife will not stop interrupting me while I am working. I can't think for more than five minutes before she asks me to do something. I'm seriously considering a divorce because I'll never finish my PhD like this
- my issues existed pre-pandemic, but might have been spiked during
- Time in front of screen; working from different time zone; lack of understanding from some faculty about being remote (although others have been amazingly understanding)
- My brain only makes the spicy chems not the happy ones, true isolation (living alone w/o roommates, family, pets)
- Travel restrictions which prevent us from being with our family (we haven't seen them in two years, some have terminal illness, some are over 90, others are completely isolated, and we cannot be there for them)
- my partners mental health, dealing with OCD

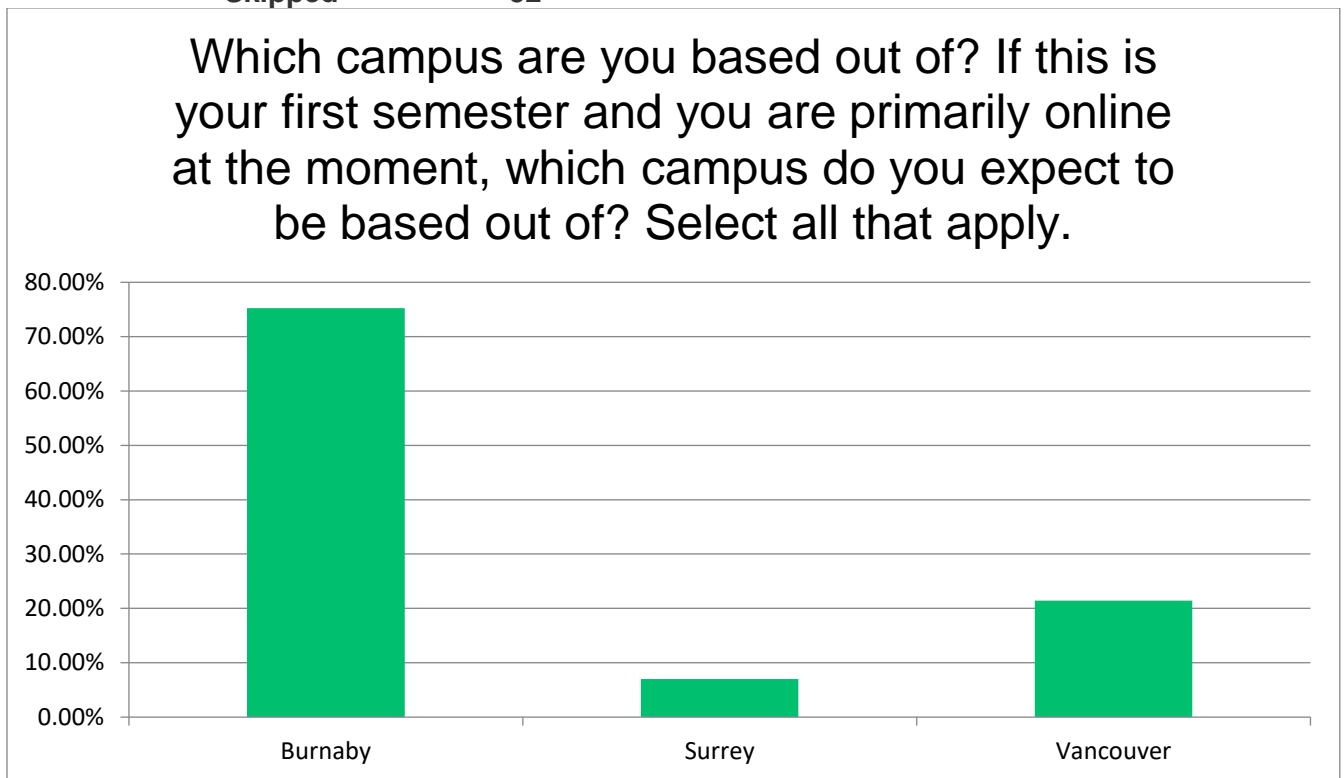
4) My mental health has been worse due to the COVID-19 pandemic

Answer Choices	Responses	
Strongly agree	36.63%	200
Agree	42.31%	231
Neither agree nor disagree	15.02%	82
Disagree	4.76%	26
Strongly disagree	1.28%	7
	Answered	546
	Skipped	27



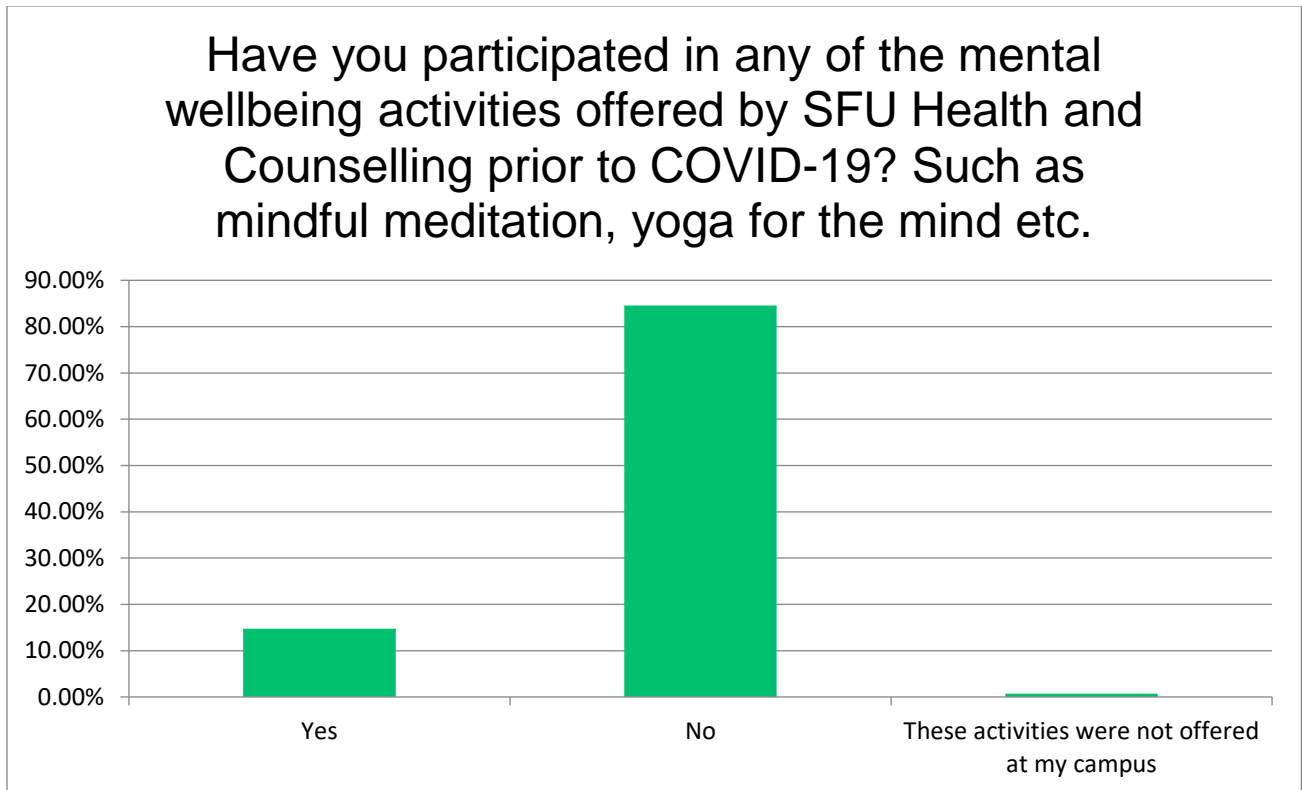
5) Which campus are you based out of? If this is your first semester and you are primarily online at the moment, which campus do you expect to be based out of? Select all that apply.

Answer Choices	Responses	
Burnaby	75.23%	407
Surrey	7.02%	38
Vancouver	21.44%	116
Answered		541
Skipped		32



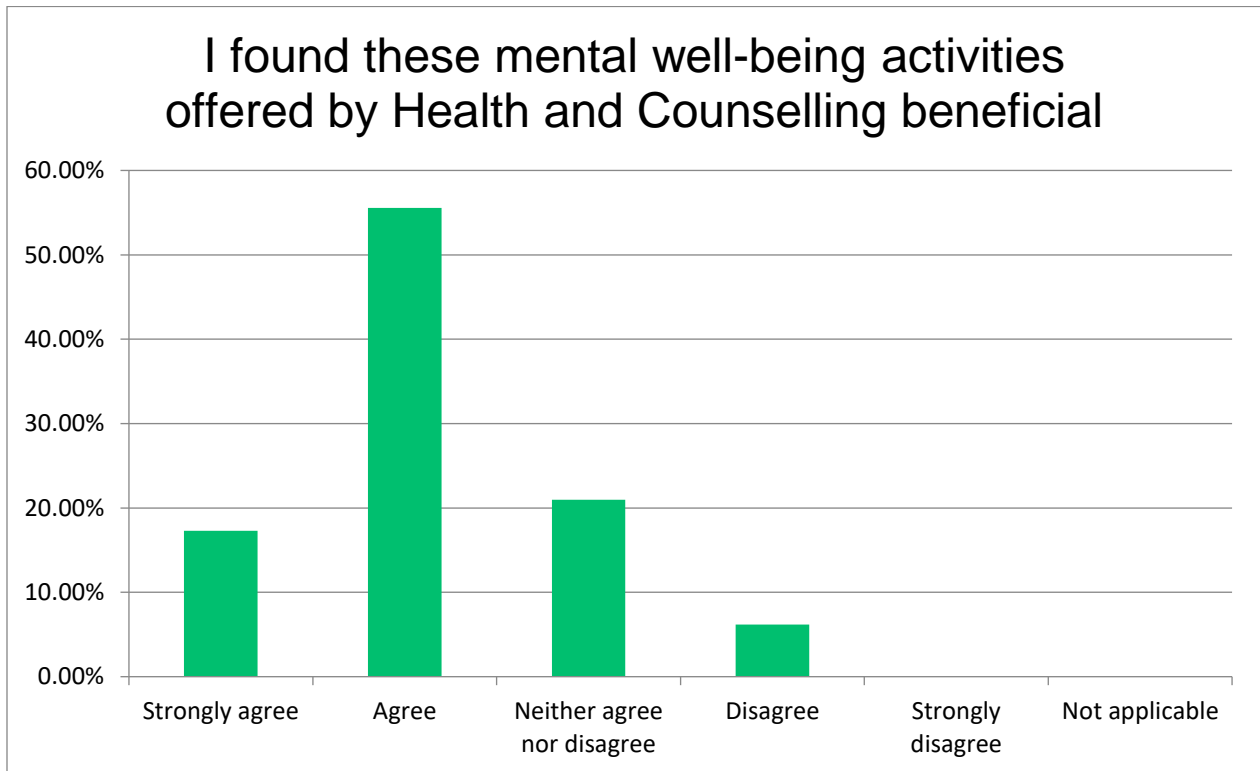
6) Have you participated in any of the mental wellbeing activities offered by SFU Health and Counselling prior to COVID-19? Such as mindful meditation, yoga for the mind etc.

Answer Choices	Responses	
Yes	14.71%	80
No	84.56%	460
These activities were not offered at my campus	0.74%	4
Answered		544
Skipped		29



7) I found these mental well-being activities offered by Health and Counselling beneficial

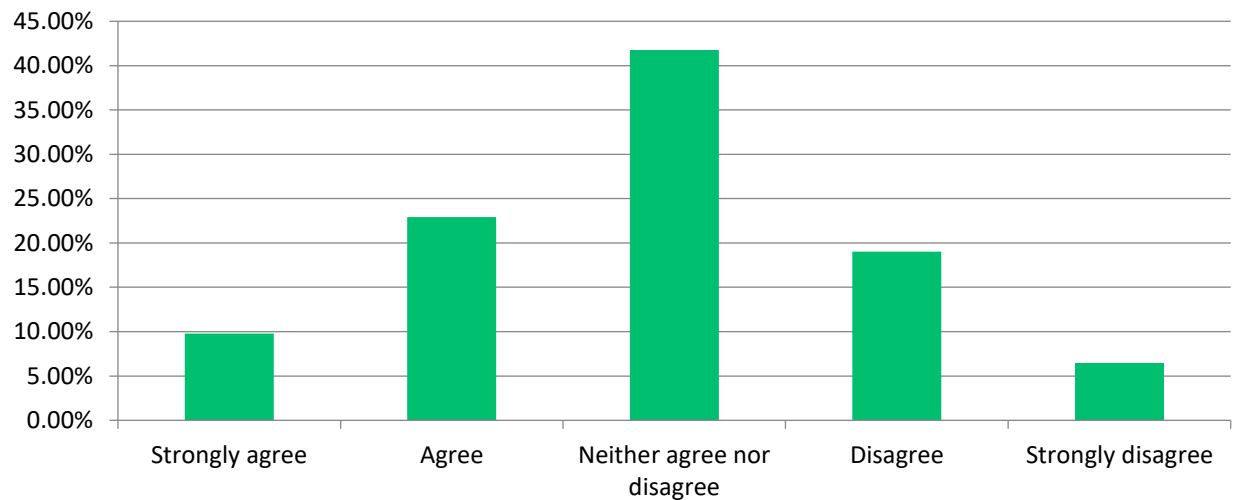
Answer Choices	Responses	
Strongly agree	17.28%	14
Agree	55.56%	45
Neither agree nor disagree	20.99%	17
Disagree	6.17%	5
Strongly disagree	0.00%	0
Not applicable	0.00%	0
Answered		81
Skipped		492



8) The lack of in person treatment options, such as mental wellbeing activities (mindful meditation, yoga for the mind, wellbeing activities off-campus etc.), therapy, or other activities that may have been cancelled or postponed has negatively impacted my mental health

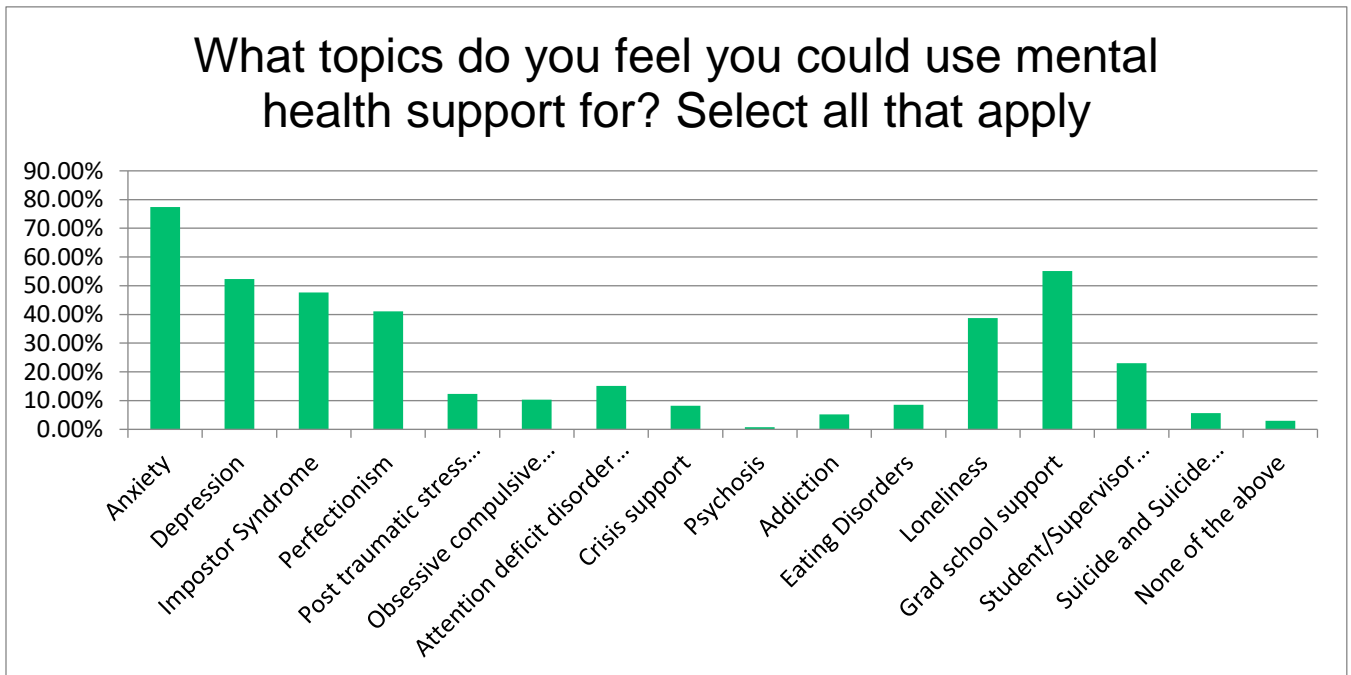
Answer Choices	Responses	
Strongly agree	9.80%	53
Agree	22.92%	124
Neither agree nor disagree	41.77%	226
Disagree	19.04%	103
Strongly disagree	6.47%	35
	Answered	541
	Skipped	32

The lack of in person treatment options, such as mental wellbeing activities (mindful meditation, yoga for the mind, wellbeing activities off-campus etc.), therapy, or other activities that may have been cancelled or postponed has negatively impacted my m



9) What topics do you feel you could use mental health support for? Select all that apply

Answer Choices	Responses	
Anxiety	77.38%	414
Depression	52.34%	280
Impostor Syndrome	47.66%	255
Perfectionism	41.12%	220
Post traumatic stress disorder (PTSD)	12.34%	66
Obsessive compulsive disorder (OCD)	10.28%	55
Attention deficit disorder (ADD)/Attention deficit hyperactive disorder (ADHD)	15.14%	81
Crisis support	8.22%	44
Psychosis	0.75%	4
Addiction	5.23%	28
Eating Disorders	8.60%	46
Loneliness	38.69%	207
Grad school support	55.14%	295
Student/Supervisor relationship	22.99%	123
Suicide and Suicide Prevention	5.61%	30
None of the above	2.99%	16
Other (please specify)		38
	Answered	535
	Skipped	38



Additional comments

- Feeling overwhelmed, stress and anxiety (5)
- Managing life transitions (2)
- Grief (2)
- Anger management (1)
- Relationship support and family therapy (8)
- Time management/procrastination/motivation (2)
- Bipolar and borderline personality disorder (2)
- Surviving sexual assault (1)
- Dermatomania (1)
- Chronic injury assistance, sudden disability and associated grief (1)
- Academia supports (separation of school/work from life, what is normal to feel during a PhD, loss of networking opportunities due to COVID, coping with systemic problems in academia) (6)
- Sleep problems and insomnia (2)
- Parenting supports (how to help children with anxiety or depression) (1)
- Men's issues (1)

Highlighted individual responses:

- I feel paralysed for days/weeks when I have an assignment
- Coping with systemic problems in academia that make mental health more challenging

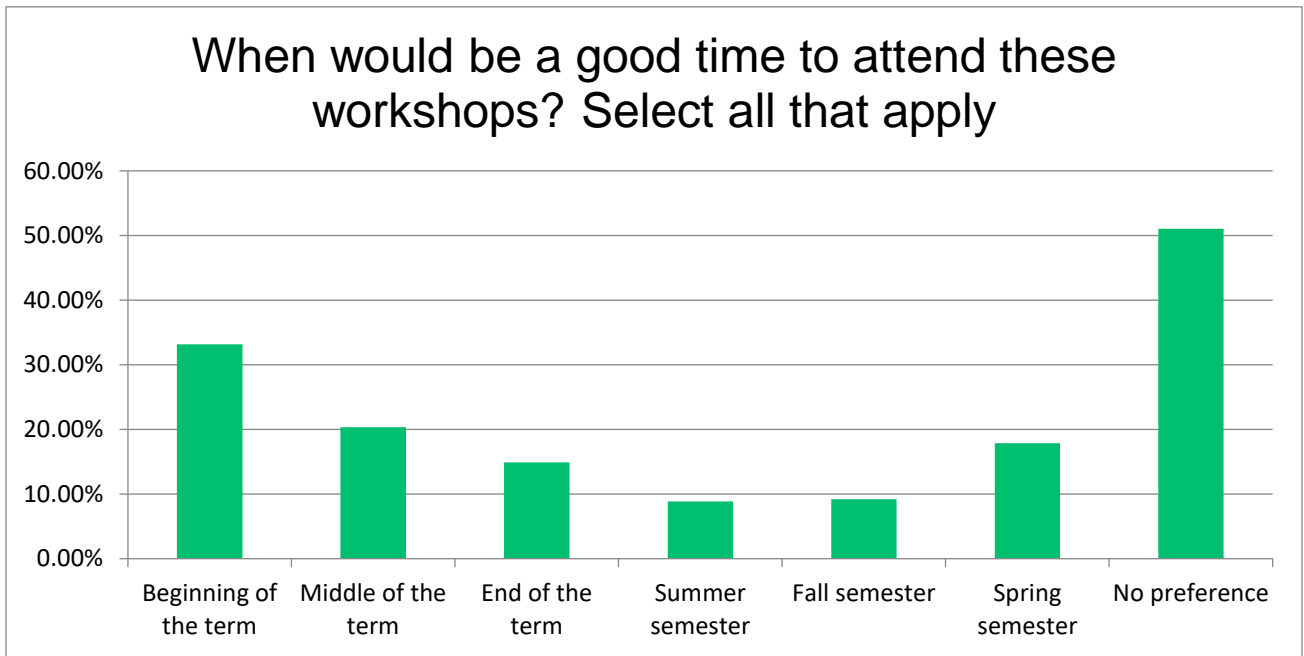
10) Are you interested in attending mental health workshops (either over Zoom or in person COVID-19 permitting)?

Answer Choices	Responses	
Yes	37.45%	200
No	26.03%	139
Undecided	36.52%	195
Answered		534
Skipped		39



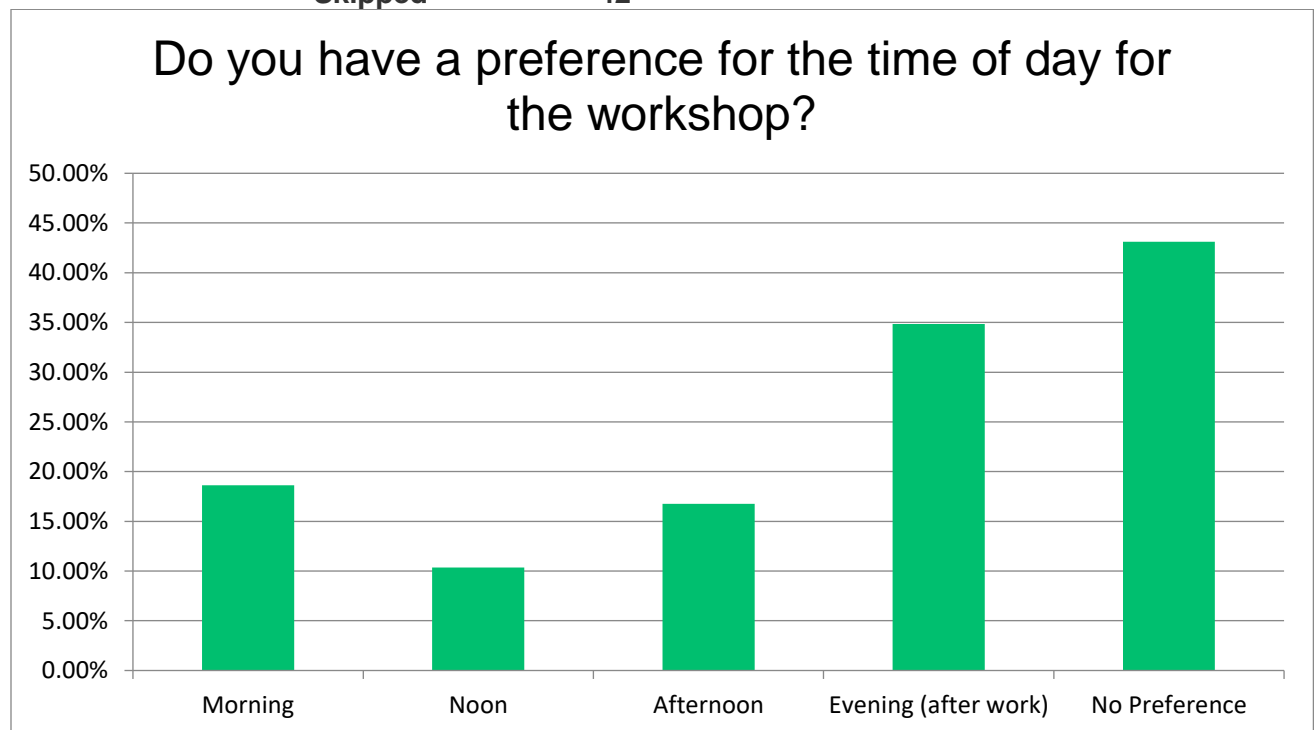
11) When would be a good time to attend these workshops? Select all that apply

Answer Choices	Responses	
Beginning of the term	33.15%	176
Middle of the term	20.34%	108
End of the term	14.88%	79
Summer semester	8.85%	47
Fall semester	9.23%	49
Spring semester	17.89%	95
No preference	51.04%	271
Answered		531
Skipped		42



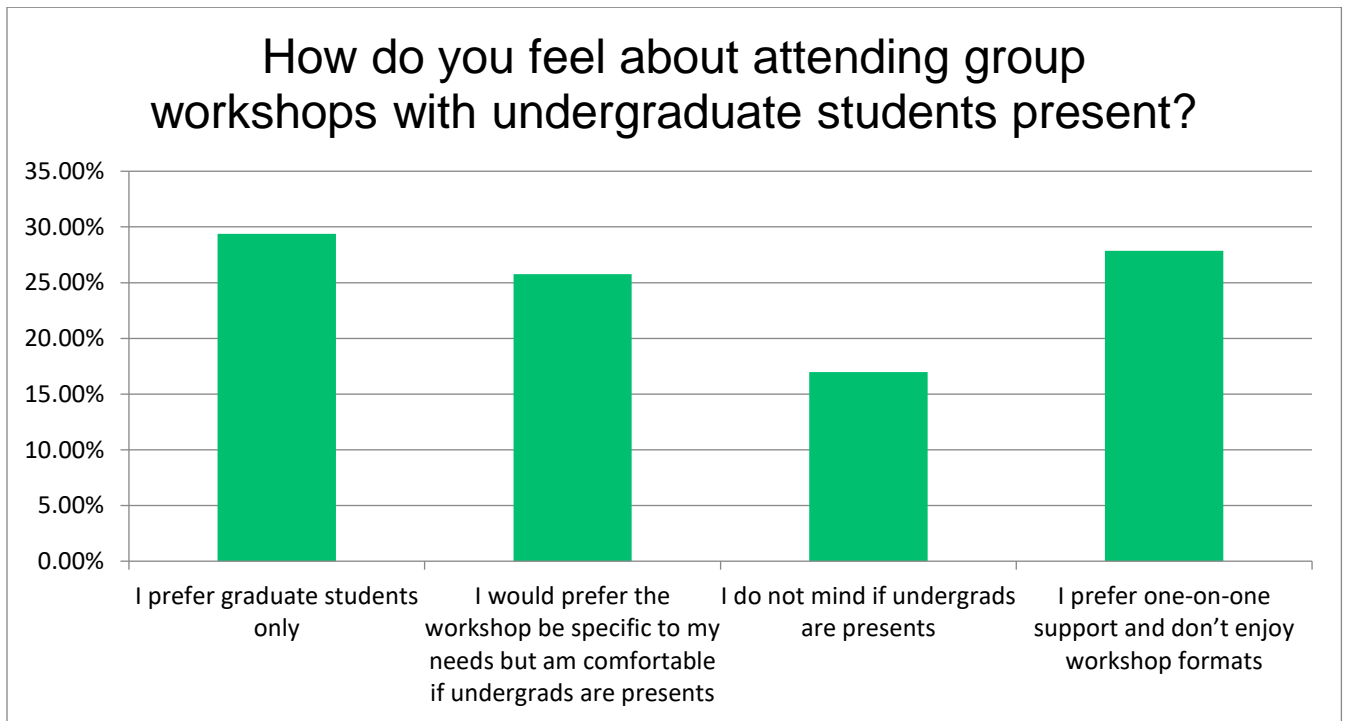
12) Do you have a preference for the time of day for the workshop?

Answer Choices	Responses	
Morning	18.64%	99
Noon	10.36%	55
Afternoon	16.76%	89
Evening (after work)	34.84%	185
No Preference	43.13%	229
	Answered	531
	Skipped	42



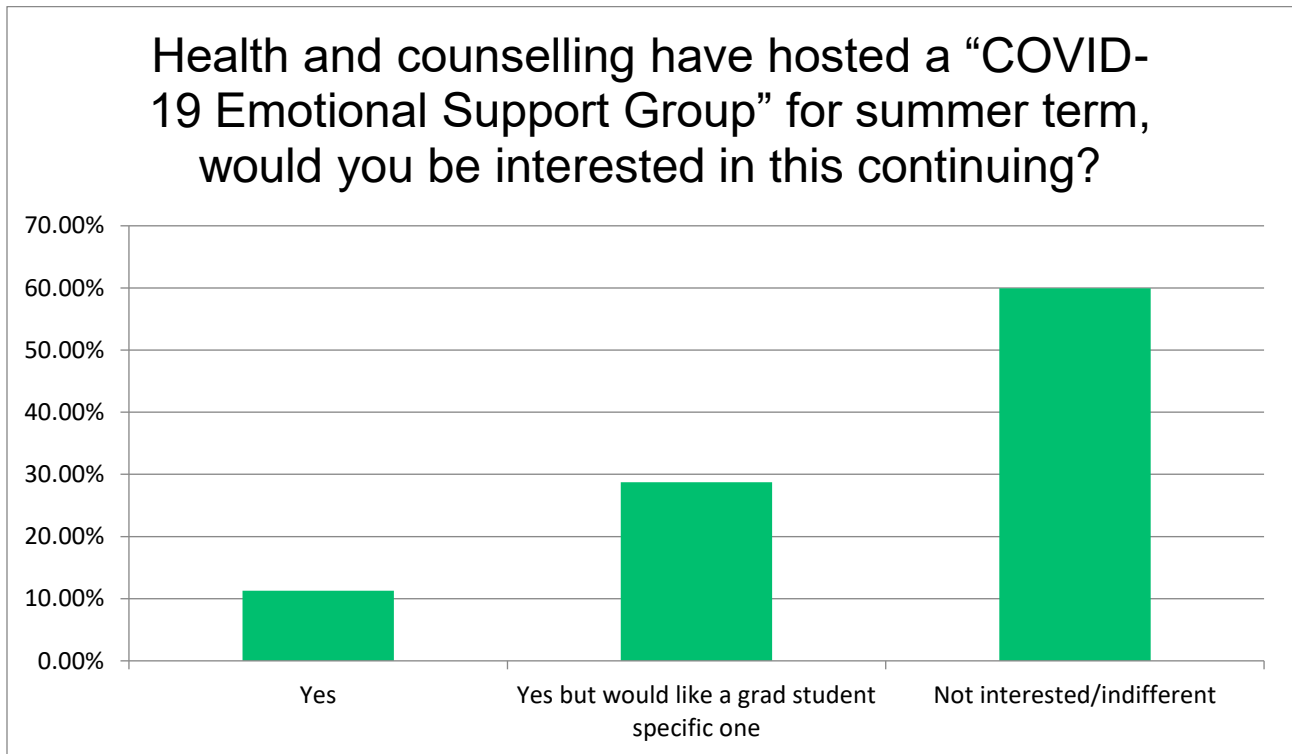
13) How do you feel about attending group workshops with undergraduate students present?

Answer Choices	Responses
I prefer graduate students only	29.39% 4
I would prefer the workshop be specific to my needs but am comfortable if undergrads are presents	25.76% 5
I do not mind if undergrads are presents	16.98% 89
I prefer one-on-one support and don't enjoy workshop formats	27.86% 6
Other (please specify)	12
	52
	Answered 4
	Skipped 49



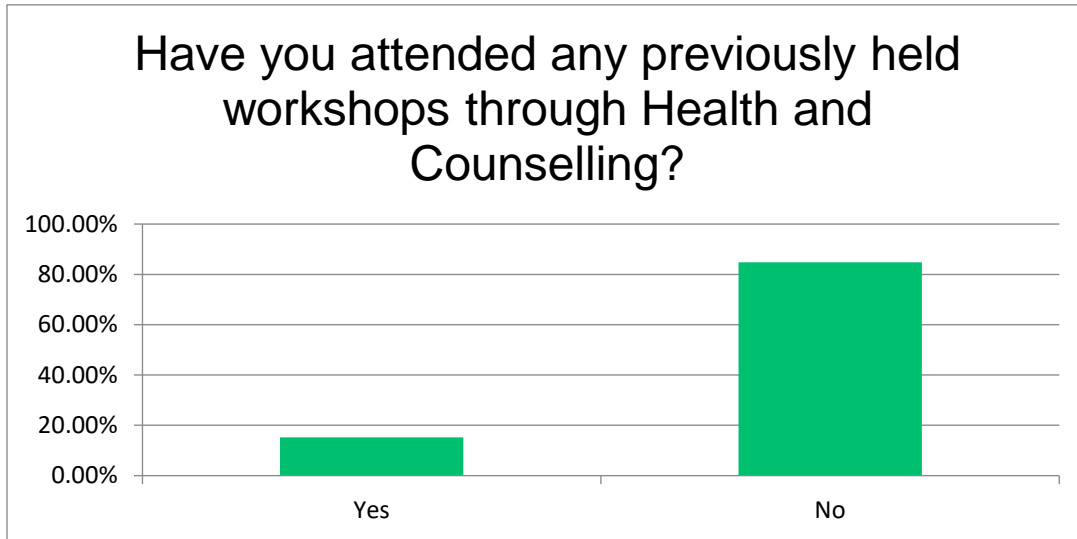
14) Health and counselling have hosted a “COVID-19 Emotional Support Group” for summer term, would you be interested in this continuing?

Answer Choices	Responses	
Yes	11.30%	59
Yes but would like a grad student specific one	28.74%	150
Not interested/indifferent	59.96%	313
	Answered	522
	Skipped	51



15) Have you attended any previously held workshops through Health and Counselling?

Answer Choices	Responses	
Yes	15.16%	79
No	84.84%	442
Answered		521
Skipped		52



16) Is there a particular reason why you haven't attended any of the offered workshops? (Optional)

Answered 229
Skipped 339

Common Themes

- Unaware of these resources (most common response!) (55)
- Time didn't match schedule/ too busy, time zone conflicts (42)
- Prefer one on one or not comfortable speaking in a group setting, not wanting to speak about personal issues to strangers, don't like workshop format (32)
- New grad student, been remote for degree so far (20)
- Too much time on Zoom (10)
- Felt like the workshop would be a lot of generic unhelpful advice (10)
- Distrust in university management of mental health or in Health and Counselling, university won't address systemic issues that are causing negative mental health outcomes for students (9)
- Workshop currently offered do not meet specific needs (6)
- Concerns about being unable to remain fully anonymous over Zoom (suggestion to have no name and no camera on during the workshop) (3)
- Don't want to be in a workshop with their students or other undergrads (2)
- Transphobia (afraid of being judged as a trans-student) (1)

Highlighted individual responses

- Yes. I stopped using the SFU health services several years ago because the quality of care was absolutely appalling. The only decent therapist they had was completely unreliable and didn't even inform me when she left her job position! I had to go into the health centre in person and be told by one of the abrasive receptionists. The abrasive receptionists are another reason I don't like to go there. The health centre does not offer proper mental health support, only minor advice when dealing with minor things like "stress" from work or mild depression etc. I have complex PTSD and have found therapists that treat me well, are reliable, do not have rude receptionists that I have to interact with before every appointment, and who actually know how to care for people with mental illness. The staff at the SFU health centre have exacerbated my problems multiple times in the past. I now prefer to pay >\$100 an appointment to go elsewhere and would never consider returning.
- We have had mental health workshop in our department (biological sciences) with faculty and personal from the Health centre. I don't know if those count, but I really appreciated them. For the rest sometimes it's hard to find the time or I get the notification lost in all the emails we are receiving
- I do not care for group workshop formats. I would only attend a workshop if it was explaining to me how I could get personal therapy/counselling through the SFU

services. Therapy is very expensive on a grad student budget; I would like education at how I can get affordable therapy from the school services.

- In general, I am very introverted. Lots of social interaction can stress me out and make me feel tired. I tend to prefer one-on-one activities. I have considered attending these workshops and have not ruled out the possibility. I worry that I would be compelled to share things or participate in a way that I wasn't totally comfortable with. If I knew that any level of participation in the workshop was acceptable, I would be more likely to attend.
- I am in the Clinical Psychology program, so I'm worried about possible stigma and confidentiality due to future practicum placements.
- I have low energy and can only pay attention for 30 min at a time. I assume they are longer than that. I find it difficult to explain why I am leaving and hard on the moral of others when I leave early.
- I tried to access mental health services once previously and was unable to fill out the 14 pages of forms in order to access help. I handed the clipboard back to the person at the desk with tears in my eyes and left. Cried all the way home. Called support people in Alberta who recommended private counsellors available in BC. Cost me a lot of \$\$, which also added to my stress level at the time.
- I don't know when they are offered or if they are worth the time to attend. If they just say stuff like 'take care of yourself', 'recognize when you're stressed' that isn't helpful. Workshops are in groups to their limited to broad recommendations which isn't helpful to me and I don't feel like sitting in a circle and listening to sound-bites of other peoples problems
- I feel a lot of the workshops fail to address the structural issues at the university that cause students stress and anxiety, such as large classes and the lack of enough classes. These aren't helped by puppy therapy sessions.
- I prefer 1-on-1 counselling/psychology support so that it can be really particular to my needs and so that I can share really private and personal information. I think advocating for really good private mental health benefits (and massage/physio, etc) is such a great strength of GSS -- thank you for always doing this, in addition to offering great group workshops. I will be attending more workshops in the future!
- I haven't accessed any mental health resources from SFU because I assume that uni therapists are transphobic (as has been my experience in the past) and when I emailed to ask about whether there were queer/trans focused therapists they ignored my question and told me to call to book an intake appointment, which I didn't want to bother with unless I knew going into it that my identity would be supported. In my experience workshops allow universities to cover their liability while providing no substantive support. I don't need to go to a workshop to be told to take breaks and eat nutritious meals. That's not the kind of support that is effective for me. I would rather give half my TA pay cheque to a therapist that actually helps me than get caught in the disaster network of university counselling.

17) What did you like and/or dislike about the workshop?

Answered 57
Skipped 511

Common themes

Positive feedback:

- Great presenters and presentation/content (10)
- Helped understanding challenges and how to approach them, learnt relevant info (7)
- Positive feedback for the grad student specific workshops, allows students to relate to their peers in common situations (4)
- Small group was best/department level workshops (3)
- Positive feedback on the ADHD workshop and mindful meditation workshop (2)
- Hearing from others helped (2)

Negative Feedback:

- Too general (6)
- Workshops too focused on the undergraduate student experience, did not like when undergraduates were present (5)
- Prefer one-on-one setting (5)
- Time zone differences or time of workshop offering was inconvenient (2)
- Liked the group format but didn't like sharing in a group and uncomfortable attending a workshop that could force sharing (2)
- Felt too impersonal, no cameras on zoom (which though made people anonymous) took away from the workshop (2)
- Would like to see the slides after the presentation (1)
- Didn't enjoy the virtual breakout rooms (1)
- Workshops felt rushed (1)

Specific comments

- I attended a well-run MBSR course many years ago. This was really helpful for me. I have had to leave mental health support workshops, groups, etc. after registering when I found out that students I teach are or might be present. I attended one mental health support group where the counsellor used my situation as an example to other students, essentially telling them that they should be grateful because I was dealing with something more challenging. This was very inappropriate!
- It was great to have facilitators with relevant lived experiences, and I learned a systematic breakdown of my symptoms as well as useful coping strategies.
- I attended the supervisor relationship one last year. I personally liked it overall but found the small activities (talking in groups etc) to be uncomfortable.

- I liked that it was a small group and provided many resources I could take with me.
- The facilitators created a safe space to experience whatever feelings were present and provided safe ways to relate with others in the group. They also taught skills which were very helpful. I also loved realizing that I am not alone in what I struggle with. I didn't like that in some of them, sometimes the sessions felt really "heavy" and I left feeling more "down" than when I started them.
- Designed specifically for graduate students. Opportunity to interact with and relate to fellow graduate students/peers in a safe environment.
- I did not like that it was with undergraduate students. I felt alone in that situation with my specific issues.

18) What topics would you like a mental health workshop to cover? Feel free to provide multiple suggestions.

Answered 252
Skipped 316

Common Themes

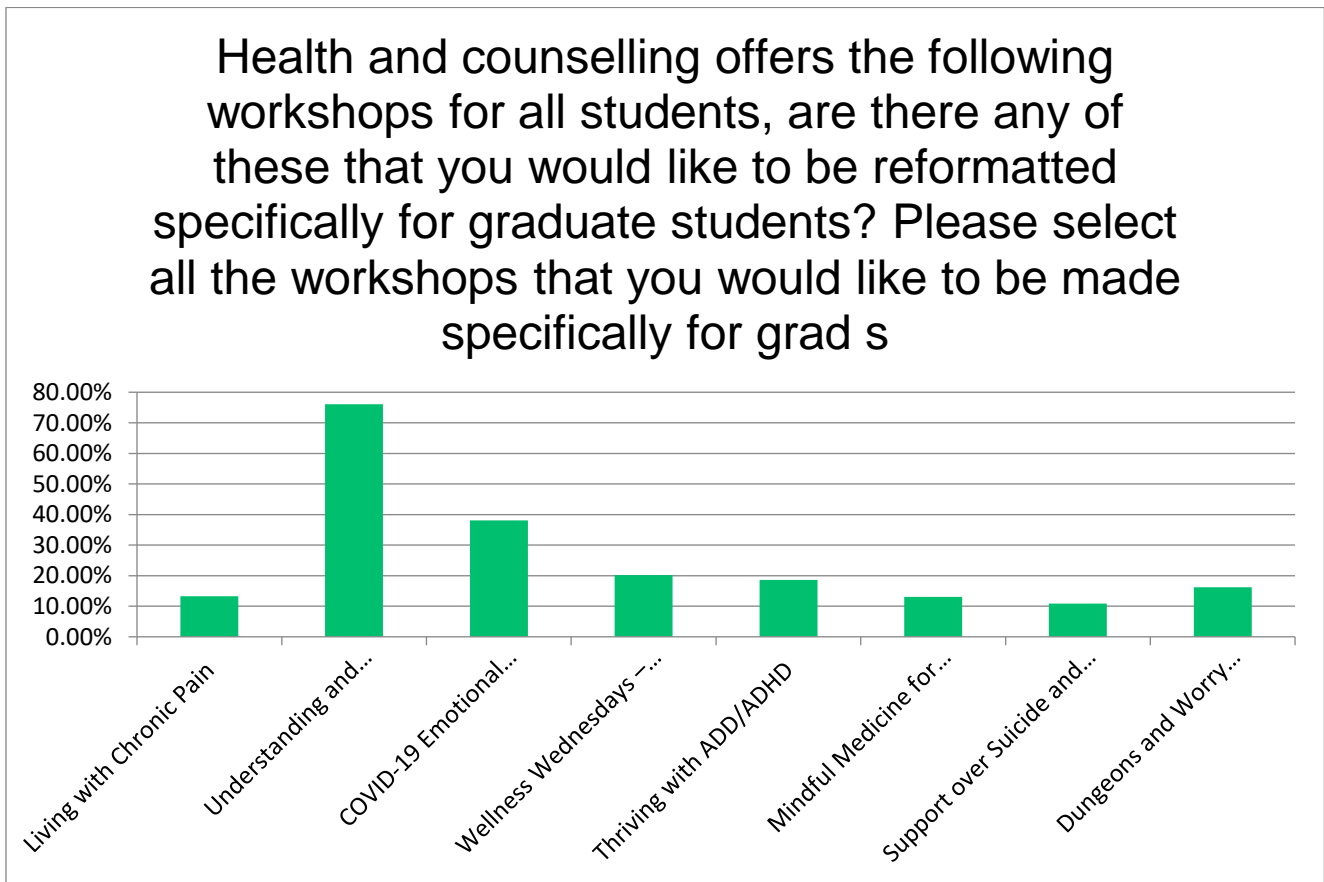
- Anxiety (67)
- COVID support, working from home, isolation, global pandemic (36)
- Imposter syndrome (35)
- Grad student supports (professor-student power dynamic, what is normal to feel as a grad student, academic burnout) (28)
- Depression (25)
- Mindfulness and self-care (25)
- Stress (20)
- Loneliness (20)
- PTSD (4)
- ADD/ADHD (5)
- OCD (5)
- Perfectionism (15)
- Focus mechanisms, productivity, motivation (15)
- Time management (13)
- Work-life balance (12)
- Workshop on what mental health supports are available (accessing the GSS Benefit Plan, SFU Health and Counselling offerings, external supports, difference between the types of mental health providers such as counselor therapist etc) (11)
- Healthy boundaries and coping mechanisms (9)
- Financial stress (7)
- Suicide and supporting other's mental health (7)
- Eating disorder and healthy eating (5)
- Relationship support (romantic and non-romantic) (4)
- Insomnia and having a proper sleep schedule (4)
- Racism (4)
- Anger management (3)
- Cognitive Behavioural Therapy (3)
- Parenting as a student (2)
- Chronic Pain (2)
- Trauma related workshops (2)

Specific Comments

- Mental health coverage and how to assess those services. Differences between counsellor, therapist, psychologist, etc. and how to navigate that all!
- Trauma informed workshops. Workshops on healthy boundaries.
- Connecting the dots of all the factors that affect our mental health, such as finance, housing, immigration status and the pandemic. Making these connection might be useful for us not to self-blame. Another idea is how to deal with guilt that comes with not working - connecting mental health with the way productivity has been framed in our capitalist society. Also how to take a guilt-free break.
- Recognizing signs of mental un-wellness and suggestions on how to improve or keep up mental health and well-being.
- Academic burnout, imposter syndrome, anxiety/depression, eating disorders. I also think it would be beneficial to have one that addresses the mental health issues that come with PMS.
- The transition to grad school from undergrad was a little difficult because I felt it was a new heavy workload online and I didn't really have social support/comedic relief from friends. I also felt like I didn't know how well I was doing compared to others as well and I didn't know the expectations of grad school, so I've been dealing with some anxiety.
- How to deal with sitting in front of screen for 9-12 hours a day. Both work and school have gone online, and expectations for students to complete work on time is the same as it was before COVID. Professors have troubles with the online methods, but expect us to have no issues. So, how to cope with feeling like a prisoner in your own home with high expectations put on you by your superiors and yourself.

19) Health and counselling offers the following workshops for all students, are there any of these that you would like to be reformatted specifically for graduate students? Please select all the workshops that you would like to be made specifically for grad students. Note: there are already two workshops specific for graduate students, Thriving in Grad School and Thesis/Dissertation Support Group.

Answer Choices	Responses	
Living with Chronic Pain	13.30%	50
Understanding and coping with anxiety and depression	76.06%	286
COVID-19 Emotional Support Group	38.03%	143
Wellness Wednesdays – Ask a Nurse	20.21%	76
Thriving with ADD/ADHD	18.62%	70
Mindful Medicine for Women of Colour	13.03%	49
Support over Suicide and Students in Distress	10.90%	41
Dungeons and Worry Dragons	16.22%	61
Other (please specify)		19
	Answered	376
	Skipped	197



Additional comments

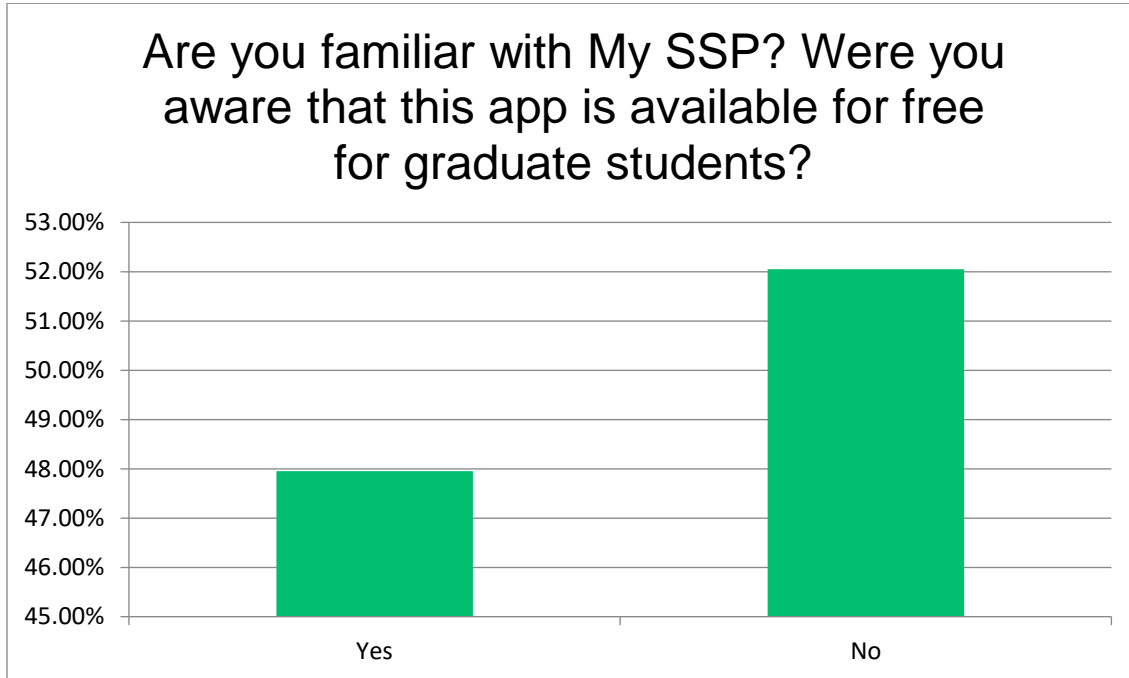
- COVID-19 issues (unable to enter Canada, isolated, lost activities due to COVID) (3)
- Toxic environment of academia, further grad student supports including mentorship (3)
- Connection with other grad students, including organized coffee breaks (2)
- Zoom fatigue makes workshops unenjoyable (1)
- Relationship supports (1)
- Coping with loneliness (1)
- Front line worker supports (1)
- Talking/healing circles (1)
- Queer support (1)
- Nutrition and stretches (1)

Specific comments

- How to live with a spouse who actively tried to sabotage your PhD.
- Would love for wellness Wednesdays to be issued as a podcast if possible

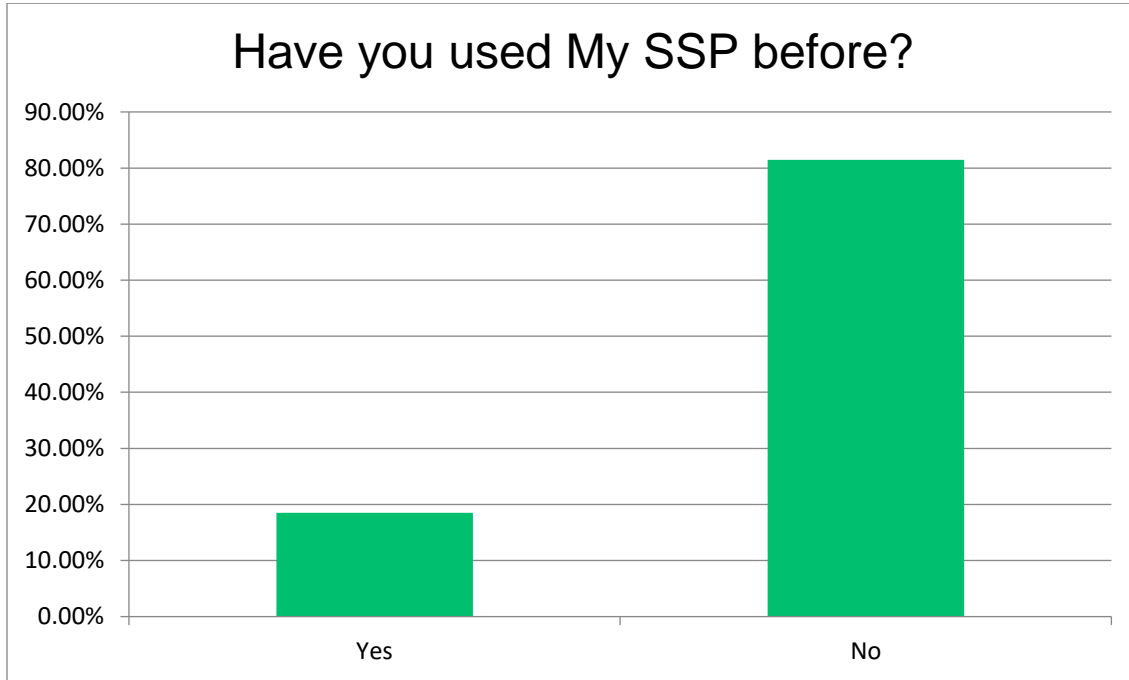
20) Are you familiar with My SSP? Were you aware that this app is available for free for graduate students?

Answer Choices	Responses	
Yes	47.95%	246
No	52.05%	267
Answered		513
Skipped		60



21) Have you used My SSP before?

Answer Choices	Responses	
Yes	18.52%	95
No	81.48%	418
Answered		513
Skipped		60



22) Do you have any comments about My SSP? How was it? Why did or didn't you use this service over others?

Answered 204
Skipped 364

Common Themes

- Never heard of My SSP before (55)
- Did not find it helpful, hated it, support was insufficient (17)
- Not a fan of the online/phone approach (15)
- Positive feedback on the service (8)
- Felt impersonal, no connection online, felt like a robotic reply (7)
- Poor layout/disconnection occurred (7)
- Didn't like the counselors (5)
- Scheduling help took a long time or was stood up by counselor (4)
- Felt that My SSP was for more short term problems, need long term support (4)
- Not sure if specific situation was appropriate for My SSP, not sure why it should be used (4)
- Time issues (apparently cut off is 1 am, difficult for international students) (3)
- Heard negative feedback from other students and was put off from using it (3)
- Counselor was not equipped to deal with trauma (2)
- Lack of consistency in use of My SSP (might not get the same counsellor each time, don't have the same experience each time etc) (2)
- Lack of queer specific counselors (2)
- Lack of faith-based counselors (1)
- Didn't use due to privacy concerns (1)

Highlighted individual comments

- The times don't work for me as a international student who lives outside of Canada. Besides that I think some problems are very specific to one culture and I prefer not to spend time explaining why these are not non-problems.
- Quite useful for finding what my options are for counselling and coverage for mental health services
- I absolutely hated it. I did not find it useful and in fact was discouraged and disgusted that our School would rely on a system of precarious and underqualified and overworked workers to offer a meager and limited variety of services.
- They basically just directed me to someone else so it was not very helpful
- I like that there is 24/7 access to a counsellor. I tried a few in-person (well, Zoom) sessions, but unfortunately the counselor that I was referred to did not have enough training and expertise with trauma and it was not very effective, and

actually was re-traumatizing. This is a huge problem. It is very hard to find counsellors in general who specialize in clients with trauma and who have enough knowledge and experience to be helpful and not harmful. I have had to find my own external counsellor and it is a huge financial burden with my already poverty-level stipend. I HIGHLY recommend that My SSP find and retain counsellors that are highly skilled with trauma. They should have been trained in somatic (and ideally sensorimotor) therapy, attachment, and Internal Family Systems / trauma fragmentation. CBT, the most common modality, is not effective when there is a lot of unresolved trauma, and can actually be harmful due to re-traumatizing the client. This is a huge gap and is a major barrier for diversity and inclusivity in the student body for under-privileged groups, who are much more likely to have experienced trauma and have PTSD.

- It was terrible. First time, I was stood up by my counsellor. When I finally got a call, my counsellor spent the entire session denying my experiences - she even told me and I quote, "You think you experienced trauma? Trauma is sexual assault. Trauma is physical abuse. All you had was a little bit of emotional abuse, that's all." I was worse off after I saw the counsellor
- I had difficulty booking the sessions over the phone (during Covid). Counselor called me at different time then what was agreed on and I didn't have emotional strength to go through signing up again. I also didn't get any follow up
- I called asking to speak to a counsellor because I was having a panic attack. They told me someone would call me back as soon as they were available but no one ever called back or followed up. Not helpful if they are not actually there to help.
- not working for me. whenever I call them they say I need to go see a counsellor and they cannot help me. The sfu website says that I can call My SSP any day, but I have called them and they said they already let me know that this is a crisis center. I should only call them if there is a crisis. They even said this to me in texting service as well.
- I appreciated the convenience of it, that I was able to access thru the app on my phone. I thought the service was great, they were very prompt in their response and followed up via email (with consent).
- It's pretty bad, not gonna lie. I seriously question the credentials of the 'counsellors' working there... I would not recommend it to someone who is in serious distress. You may get someone who is okay on the other end or someone who could end up making things worse.

Summary for Overall Mental Health and COVID-19

- Graduate students are seeking mental health support mainly from counsellors, however 42.6% have not used mental health resources
- 43.8% said that confusion about mental health services has held them back from receiving support
- Overall graduate students' mental health has worsened due to the COVID-19 pandemic (78.9% agree or strongly agree), mainly due to academic, personal and financial matters
- Most (84.6%) have not participated in SFU HCS well-being programs prior to COVID-19, but those that did participate found these activities beneficial (72.9% agree or strongly agree)
- Graduate students felt they could use mental health support most strongly for anxiety, depression, grad school support and loneliness

Summary of Mental Health Workshops

- 74.0% of graduate students would attend (37.5%) or are undecided (36.5%) about attending a workshop on mental health
- Slight preferences were for workshops that would be at the beginning of the term (33.1%) and after working hours in the evening (34.8%)
- Most graduate students are not participating in SFU HCS Workshops (84.8%) mainly because they are unaware of these workshops, the timing does not work for them or they are uncomfortable with group settings for workshop
- Additionally graduate students are uncomfortable with workshops where undergraduates are present (29.4%) or feel that workshops need to address graduate students needs even if undergraduates are present (25.8%)
- Students would love to see a graduate student specific workshop similar to the "Understanding and Coping with Anxiety and Depression" workshop (76.1%)
- The most desired mental health workshop topics were for anxiety, COVID-19 support and imposter syndrome

Summary for My SSP

- 52.0% of graduate students were unaware of My SSP and 81.5% had never used it before
- The lack of familiarity with My SSP was further reflected in the written responses where the most common written response was being unaware of the service
- Common themes from the written responses included that students were unsatisfied with the supports received from My SSP or had a negative experience
- Further responses highlighted the impersonal nature of the phone/online approach and the layout of the software/program