

International students & mental health issues: Context & response

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Workshop Abstract

The incidence of mental health issues for university students is a matter of concern – and there are particular issues which indicate that there are potentially higher levels of risk for International students. This workshop will:

- Present contextual information on Mental Health – the Western model versus ways of understanding mental health in other cultures
- A brief overview of Mental Health Disorders
- Discuss factors that exacerbate Mental Health issues for international students
- Clarify goals in addressing Mental Health issues
- Provide guidelines to develop a Good Practice model applicable to different universities

As a brief 90 minute workshop, the session must be regarded as an introduction only.