

Seeking supports on campus: The unique experiences of racialized university students

Rya Buckley, Shutong Yu, Jessica Soliman, & Chloe Hamza
Coping, Affect, and Resilience in Education (CARE) Lab

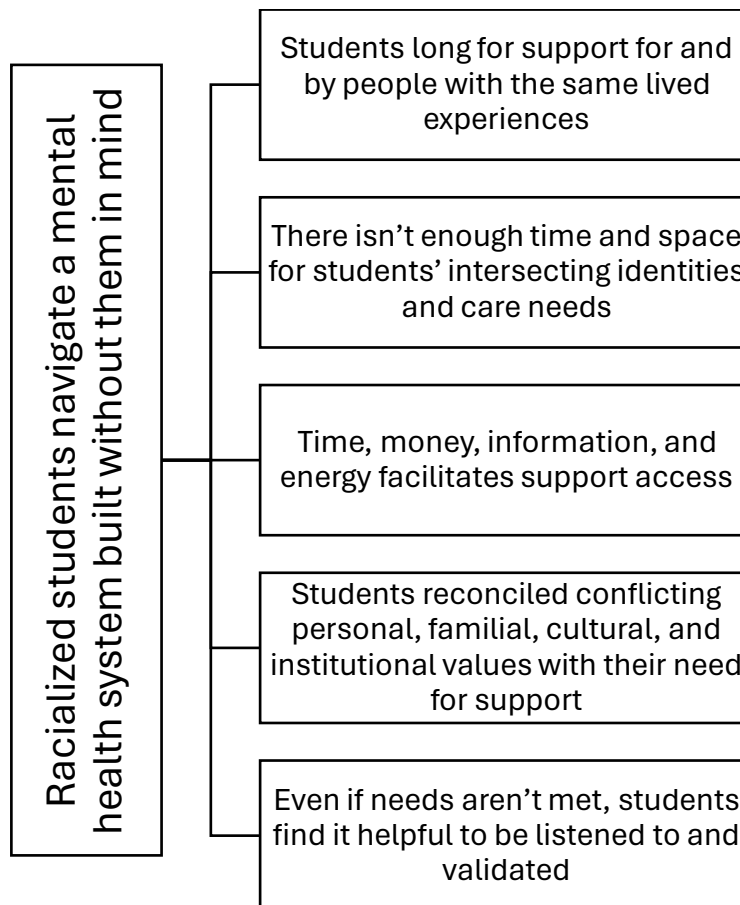
Background

- Racialized postsecondary students have greater odds of mental health difficulties than non-racialized students (Hop Wo et al., 2020; Kearney, Draper, & Baron, 2005; Kim & Zane, 2016)
- Emerging evidence suggests that racialized students access less of and are less likely to return to campus mental health services compared to non-racialized students (Kearney, Draper, & Baron 2005; Miranda et al., 2015; Oswald et al., 2019)
- The present study asks, “what are the experiences of racialized students accessing wellness and mental health supports on a postsecondary campus?”

Methodology

- Racialized undergraduate students who had accessed campus-based wellness and/or mental health supports were recruited
- 31 participants completed the demographic questionnaire and semi-structured interview
- Interview transcripts were analyzed using reflexive thematic analysis and intersectionality theory (Braun & Clarke, 2006; Crenshaw, 1989)
- 5 participants provided feedback on the final themes

Findings



Conclusions

- Racialized students are disproportionately affected by the barriers that all university students face when looking for support and also face unique barriers related to their identities

Recommendations

- Increased staff diversity in student mental health services and increased diversity among other staff and faculty
- Increased cultural competence, cultural humility, and anti-racist practice in wellness and mental health services
- Increasing bidirectional peer support, but not as a replacement for professional service providers

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References

