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Article Analysis

In her 2019 article "University Student Mental Health Care is at the Tipping Point", published by *The Conversation,* Professor Anne Duffy addresses the relationship between post-secondary institutions and student mental health; she convincingly argues that the mental health needs of students are expanding and that it is crucial for universities to both recognize this reality and respond accordingly (pars. 2, 5). I find Duffy's article is a valuable read for three main reasons: firstly, the author is a credible source of information on this issue, displaying considerable expertise in the topic area; secondly, she supports her argument both with research that she herself has conducted and that has been conducted by other experts; finally, her arguments are presented in a way that is easy to access by a general readership.

According to biographical information provided by *The Conversation,* Anne Duffy is a professor at Queen's University in Ontario and works in the Department of Psychiatry. Her perspective on a topic related to mental health and mental health services is valid because of her education credentials and her career as an academic psychiatrist and researcher. One of the central issues Duffy identifies in "University Mental Health" is the fact that institutions do not have the information necessary to create and maintain consistent and relevant supports, highlighting the lack of a universal, evidence-based model for mental health (pars. 3, 12); she offers a project that she is working on – "U-Flourish" – as an example of the sort of research required to fills these gaps in the data (par. 4). "U-Flourish" is designed to assess the "scope of mental health need among undergraduate students and understand what factors determine different student mental health and academic outcomes" (Duffy par. 4). Duffy cites various academic articles to credibly demonstrate that for students who have yet to reach their mid-twenties, the transition to university happens at a particularly vulnerable time, from a developmental perspective, and that university study itself is a particularly stressful experience in many ways (pars. 6-11). Having established these points, Duffy goes on to clearly and convincingly elaborate on the responsibilities that universities carry in terms of providing

consistent, evidence-based mental health support, pitching and organizing her argument is such a way as to ensure it is understandable to a general readership.

In conclusion, Anne Duffy's personal expertise, research, and effective delivery all help to bolster her argument that universities desperately need to update and improve their mental health services; as a post-secondary student myself, I am convinced that doing so would, indeed, "support positive outcomes for *all* students", as Duffy concludes (par. 23).

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Works Cited

Duffy, Anne. "University Student Mental Health Care is at the Tipping Point." *The Conversation,* 25 September 2019, https://theconversation.com/university-student-mental-health-care-is-at-the-tipping-point-122743