At the outset of her article "University Student Mental Health Care Is At the Tipping Point" – published on *The Conversation* in September of 2019 – Anne Duffy points out that the need for mental health supports experienced by university students is not being met by the actual resources available on campuses (par. 2). She draws attention to the fact that many students are in a vulnerable position as they enter post-secondary, noting "The transition to university coincides with a critical period of accelerated biological, psychological, and social development with the peak period of risk for onset of serious and persistent mental illness" (par. 6). She stresses that post-secondary study itself introduces various major stressors for these students, which can trigger and/or exacerbate mental health issues (pars. 6-11). Duffy argues that part of the problem is 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), and 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). Duffy concludes by reemphasizing the importance of collecting sufficient data to better inform the remodelling and reconstruction of the mental health care systems in universities in order to attend to the growing needs of students (pars. 21-22).

Duffy, Anne. "University Student Mental Health Care Is At the Tipping Point", *The Conversation*, 25 September 2009, https://theconversation.com/university-student-mental-health-care-is-at-the-tipping-point-122743