Purpose: Approximately 26% of University of British Columbia’s (UBC) students are international. International students often experience acculturation stress, stigma, and feelings of isolation when studying abroad. While previous research has demonstrated that international students face unique mental health stressors, relatively few mental health strategies at Canadian universities have sought the perspectives of international students.

Problem: This study aims to understand whether mental health services at UBC adequately meet the needs of international students.

Methodology: This research uses a qualitative thematic analysis approach. A sample of diverse international students from UBC will participate in a series of focus group discussions. Focus groups will be held at UBC. All focus group discussions will be audio-recorded and transcribed. Thematic analysis of all transcripts will be conducted by all authors.

Anticipated Results: At the time of presentation, this poster will discuss findings from three main learning objectives. This research seeks to understand the international student mental health experience. Our findings will highlight how mental health resources can be more culturally competent and accessible to international students.

Implications: The engagement of international students in this research may foster the development of culturally sensitive mental health strategies at Canadian universities.

Themes:

Check (highlight) the most applicable theme according to the abstract.

| Innovation and Technology | Health and Wellness | Culture and Society | Sustainability and Conservation |

Comments:

I would suggest defining the three main learning objectives, or any learning objectives you wish to discuss in the group. To accommodate the word count, you can remove the headers and conglomerate the paragraphs into one block of text.