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## Taking Student Mental Health to the Next Level with Peer Support and Stepped Care 2.0

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## Taking Student Mental Health to the Next Level with Peer Support and Stepped Care 2.0

The goal of Stepped Care 2.0 (SC 2.0) is mental health system transformation. It aims to offer students quick access to a variety of supports based on their level of readiness and choice. SC 2.0 is grounded in recovery-oriented practice which promotes hope, autonomy, and empowerment of help seekers. Many students report high levels of distress but will never set foot in a mental health clinic for reasons including stigma and not believing their problem warrants professional service. They are more likely to reach out to their peers making Peer Support programs critical resources. The problem of practice to be addressed is the gap in training of student Peer Supporters working within the campus community within a SC 2.0 context. To achieve the system change required by SC 2.0, investment in Peer Support training is needed that is inclusive of the model's core components such as single-session thinking, and co-design.