



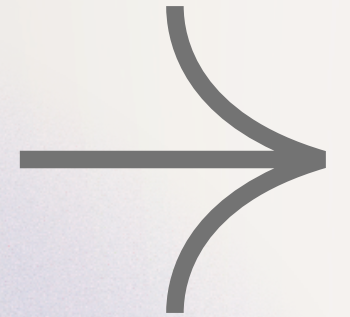
Entrepreneurship & Mental Health

ENACTUS
U-BELONG





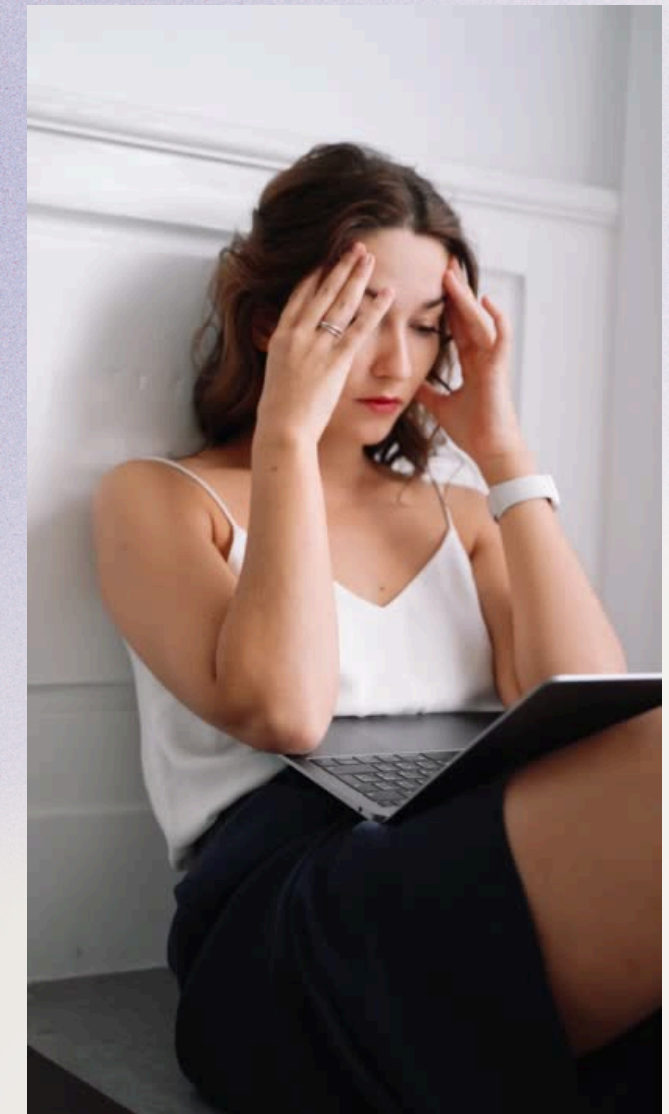
87.7% of Entrepreneurs Struggle with at least One Mental Health Issue



75% of Entrepreneurus are Concerned about their Mental Health



46% say that Mental Health Issues Interfere with their Ability To Work



COPING STRATEGIES

1

MINDFULNESS

3

SUPPORT
NETWORK

5

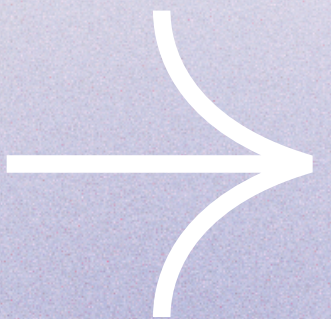
ROUTINE

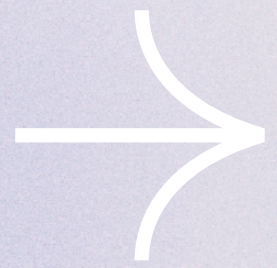
2

BOUNDARIES

4

JOURNALING





ONLINE WORKSHOP

- A self-paced program designed to help entrepreneurs build resilience, manage stress, and balance business success with mental well-being for sustained personal and professional growth.

1

FOUNDATIONAL PLANNING AND STRATEGY

2

FINANCIAL AND OPERATIONAL FUNDAMENTALS

3

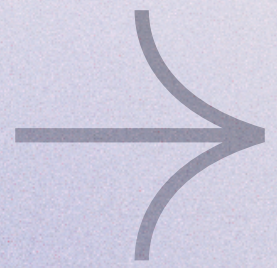
BRANDING AND MARKETING

4

TEAM BUILDING AND LEADERSHIP

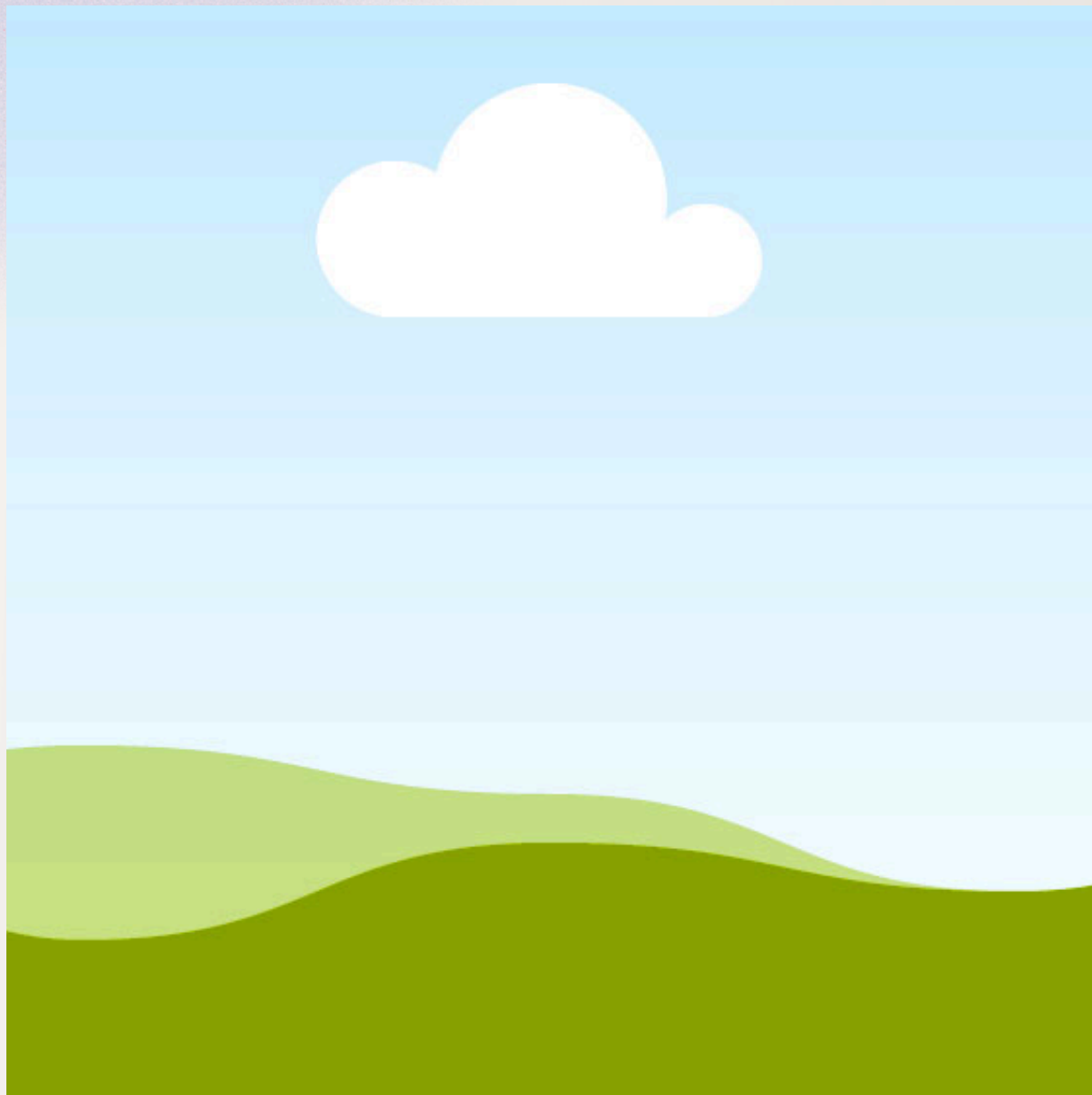
5

SCALING AND SUSTAINABILITY

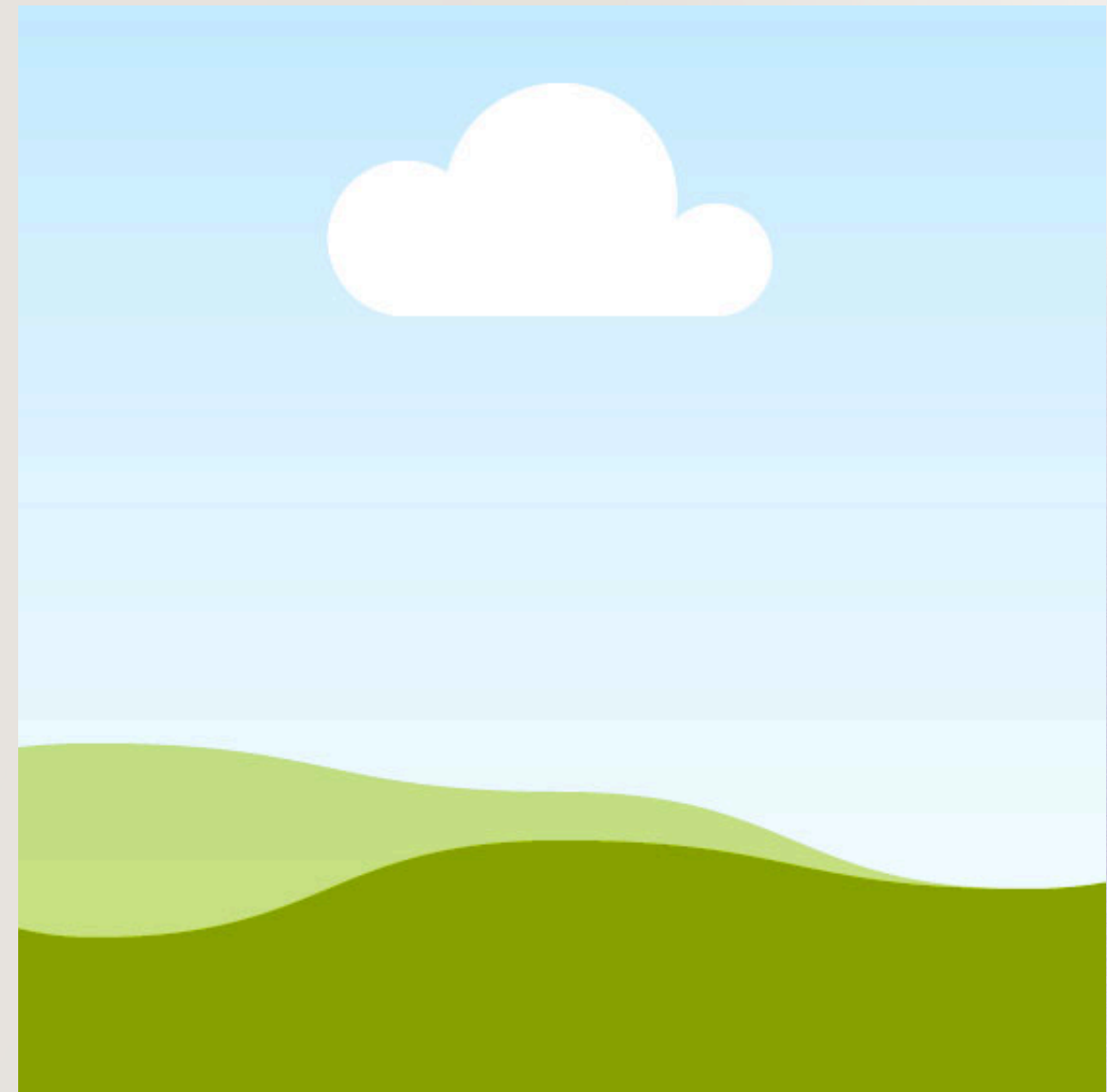


ONLINE WORKSHOP

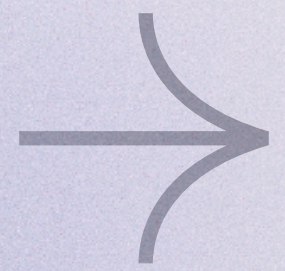
- Made with students in mind—start and stop anytime, anywhere.
- Activities and quizzes.
- Certification of completion.



EXAMPLE OF AN ACTIVITY



CERTIFICATION



OTHER RESOURCES

Here2Talk

Connects students with mental health support and provides 24/7 access to free counselling via phone, app, and web

BounceBack

a skill-building program to help you manage low moods, anxiety, stress, or worry

Wellness Wednesday

Typically, it takes place every Wednesday from 11:30 a.m. to 1 p.m. in the Birch building

→ EVENTS

- On campus events to promote Mental Well-being.
- Partnered with Jack.org to promote mental health awareness.
- Focus on supporting students during exams and high-stress periods.

PAINTING EVENT

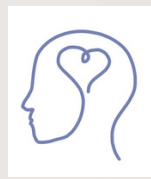


- Helps students de-stress during midterms and exams.
- Includes mental health prompts and educational discussions on well-being and self-care tips.

HOLIDAY EVENT

- Supports international students who can't go home.
- Features fun games and a mental health affirmation Post-it tree to encourage conversations about well-being.





U-Belong

To Our Website



To Our Instagram

