

Building Capacity to Promote Mental Health of University Students in Jinan, China using Acceptance and Commitment Therapy (ACT) and Group Empowerment and Psychoeducation (GEP) Processes

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Rapid urbanization, academic pressures, and developmental life transition stressors all contribute to mental health stress for postsecondary students in China. Mental health promotion responses are challenged by stigma, misconceptions and inadequate mental health resources. ACE-LYNX: *Acceptance and Commitment to Empowerment – Linking Youth and ‘Xin (hearts)’* is an evidence-informed intervention designed to promote mental health literacy and resilience of university students in Jinan, China. ACE-LYNX combines processes of Acceptance and Commitment Therapy (ACT) and Group Empowerment Psychoeducation (GEP) to build individual psychological flexibility, and collective committed action to reduce stigma. To date, 90 service providers have completed ACE-LYNX and are expected to train a total of 630 service providers and university students over the next two years to become mental health ambassadors. We anticipate that the ACE-LYNX train-the-trainer approach will reach over 10,000 students. Our program adds to a growing body of literature in implementation science that identifies strategies, challenges, and solutions in enhancing the uptake of evidence-based interventions to improve community mental wellbeing and drive systems change from the ground up.