The goal of this study is to identify indicators of positive mental health in university students of Armenia City, Quindío - Colombia. To achieve this, a quantitative-descriptive methodology and a transverse design have been used. The María Teresa LLuch's questionnaire Positive Mental Health has been answered by 78 psychology students aged from 16 to 23, randomly selected. The analysis based on Vester matrix, central tendency measures and dispersion, show significant indicators of Positive Mental Health in 91% of those polled, which confirms strong abilities in issues like personal satisfaction, prosocial attitude, autonomy, problem solving, auto-updating and interpersonal relationships capabilities. It is worthy to note that the low percentage found in the self-control subscale, which is a criterion related to emotional stability; this is similar to other results found among university students in other cities of the country. Further research is needed to deepen on the concept of positive mental health and to promote the development of programs regarding to encouragement and prevention having this specific population as target, because they face stressing situation on a daily basis.

Keywords
University students, Positive psychology, Positive mental health.