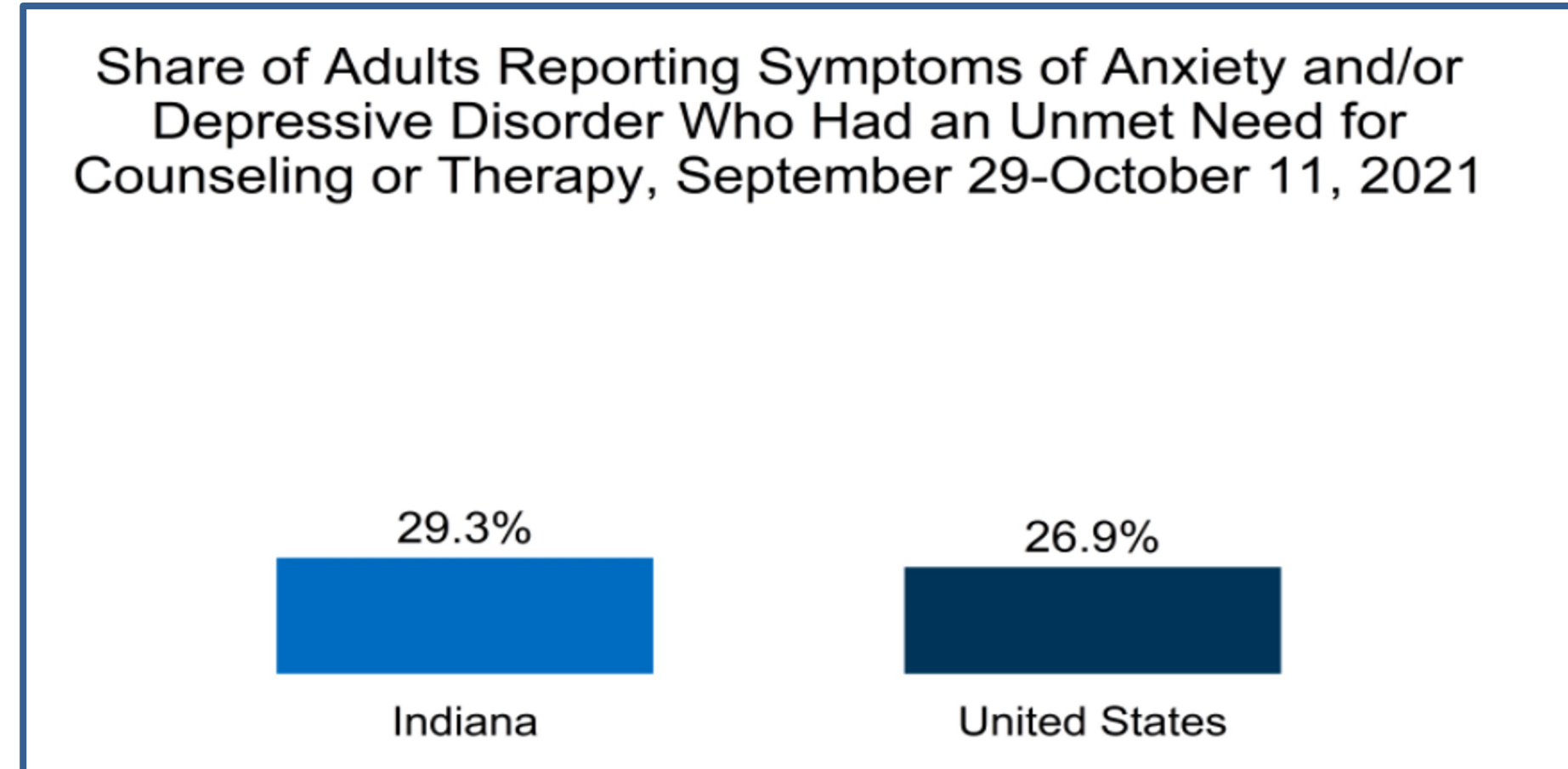


Improving Student Access to Counseling and Psychological Services

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BACKGROUND

- The COVID-19 pandemic contributed to rising rates of mental health issues in the United States, most notably in relation to college students.
- The Counseling and Psychological Services (CAPS) currently available for student use on campus practices a time-limited therapy model, serving as a resource for students, pending long term therapy options.
- Last year, our team disseminated a campus wide survey
- At Purdue University, multiple anecdotal reports from students highlight opportunities for increased knowledge and access related to mental health resources, both on campus and in the greater Lafayette area.



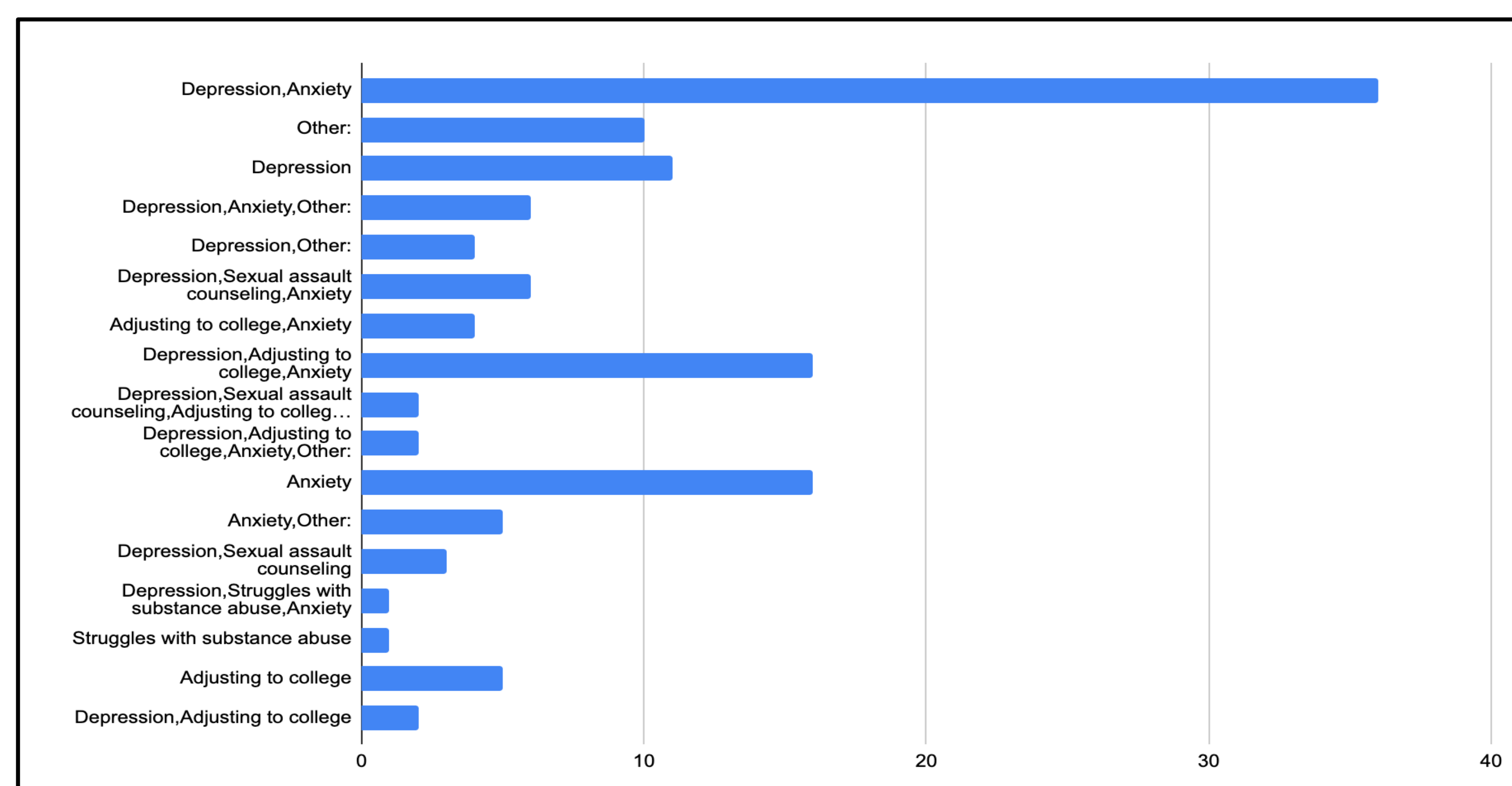
OBJECTIVES

- Understand Purdue student perceptions and experiences with student mental health services provided through CAPS
- Identify gaps in student mental health care access or services at Purdue University
- Create a comprehensive resource list for students looking for mental health aids within the Greater Lafayette area

METHODOLOGY

- Following the collection and analysis of student experiences, we aim to disseminate a compilation of mental health resources for students to utilize.
- This past year, a survey was disseminated across the student body collecting data on student experiences with mental health on campus, specifically with the resources we have available.
- Following analysis of that data, our research team collected information on the mental health resources available outside of CAPS on campus, in the greater Lafayette area, and online.
- Information was included on resources supporting general well being and self care.
- Resources will be accessible online through the Center for Health Equity and Innovation (CHEI) website, as well as in printed deliverables for students. Once finalized, outreach campaigns will be conducted to disseminate the information to students.

STUDY DEMOGRAPHICS



Online Resources

Name	Service
Talk Space	Online Therapy
Cerebral	Online Therapy and Medication Management
Him/Hers	Medication management
Psychology Today	Organizes custom list of provides for personal mental health needs based on your location

Student Survey of Affordability of Off Campus Resources

My Off Campus Resources Were Affordable	
Strongly Agree	4
Somewhat Agree	9
Neutral	22
Somewhat Disagree	10
Strongly Disagree	14

CONCLUSION

- Survey data highlighted an increased need for student support in supplementing mental health resources.
- In order to increase student knowledge, and overall campus knowledge, we compiled a list of resources available online, or in the greater Lafayette area.
- Our list includes overall mental health and self care resources for students to utilize.
- Our next step is to disseminate these resources to students across campus.

