

INSIDE
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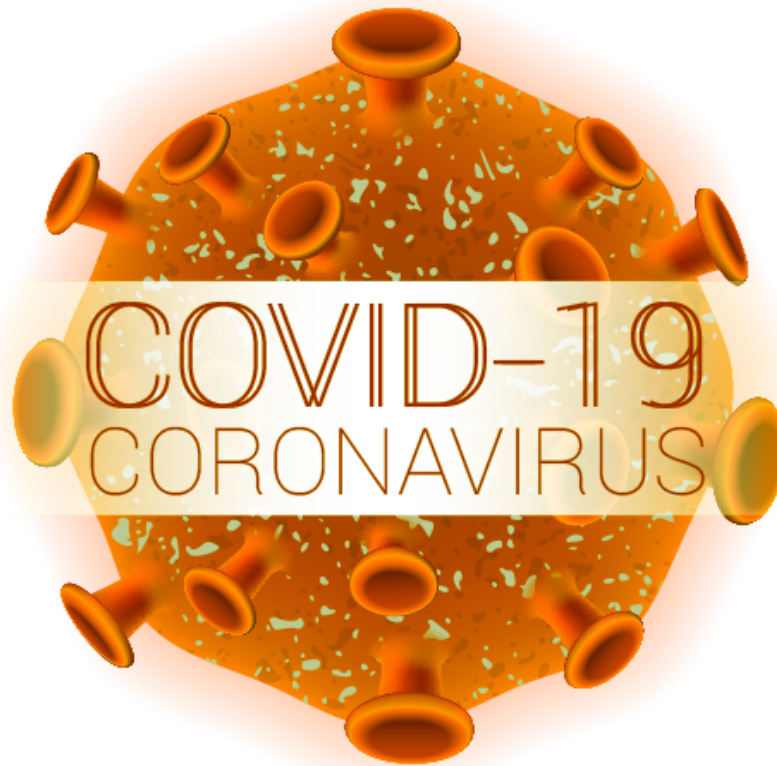
Student Mental Health After the Pandemic

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An Inside Higher Ed webcast
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Presenters

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Is the Pandemic Over?



During the Pandemic

- Numerous studies illustrated that mental health conditions worsened during the pandemic, but conditions weren't good *before* the pandemic.

Mental Health Services During the Pandemic

- Wide variation depending on how much campuses were open.
- Campuses where instruction was remote engaged in a lot of counseling via the internet.
- But that counseling has real limits.

Where Things Stand Now

- A bad situation got worse, and colleges were only partly able to respond.

The Great Return



--Photo by Maria Carrasco

Colleges' Goals

- Prevent, to the extent possible, severe mental health problems.
- Offer special outreach to students who did not receive mental health care during the pandemic.
- Serve students who have a range of non-severe problems.

Target Audiences

- Minority students
- Gay students
- Male students
- Students not engaged with mental health

More Help Needed



--ablokhim / Getty Images

Students Helping Students

- Counseling
- Telecounseling
- Web counseling

Q&A

With Thanks

