

How to Connect Low-Risk Students to Mental Health Resources on Campus

Action Guide

Tactic	My Institution Should Prioritize This Tactic	Notes and Next Steps
<p>Rebranded Supports <i>Calvin College</i> Highlight self-serve and campus resources as mental health supports through a holistic “Stepped Care” model</p>	<p>1 2 3 4 5 <i>Disagree</i> <i>Agree</i></p>	
<p>Behavioral Prescriptions <i>George Washington University</i> Written “prescription” sheet for mental health services and supports, customized and jointly created by students and clinicians</p>	<p>1 2 3 4 5</p>	
<p>Guided Instruction <i>University of Florida</i> Provide a dedicated physical space and guided support for students to utilize self-serve resources</p>	<p>1 2 3 4 5</p>	
<p>Peer Listening Platform <i>Calvin College</i> Active listening system that is based in an online chat platform, allowing students to connect with non-clinical listeners on a variety of topics</p>	<p>1 2 3 4 5</p>	
<p>Wellness Coaching <i>Ohio State University</i> Peer coaching program dedicated to helping students improve personal wellbeing and academic performance</p>	<p>1 2 3 4 5</p>	

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Discussion Questions

1 | How can we expand the definition of mental health services to promote existing self-service and campus resources and tools?

2 | How can we personalize self-serve resources to each student's concerns and goals?

3 | How can we prompt students to take advantage of existing resources?

4 | How do we connect students to non-clinical listeners who can quickly help?

5 | How can we better leverage peers to provide coaching to low-risk students?