

Stigma Reduction Strategies

Our research uncovered strategies for bringing needed mental health service to students that may be wary of them. These strategies are especially helpful for international students, both because their experiences can be stressful and they often carry a burden of stigma against mental health treatment. Below, you will find information about launching the PHQ-9 and “Let’s Talk” programs at your school.

PHQ-9 Questionnaire

The PHQ-9 Questionnaire is a short mental health screening designed for primary care physicians to use with their patients. This system allows healthcare professionals to identify students who may need mental health care, because many patients will be more likely to visit the health clinic than the counseling office on campus. PHQ-9 has been successfully implemented in schools across North America through the National College Depression Partnership (NCDP).

“Let’s Talk” Program

The “Let’s Talk” Program is a system of satellite counseling offices that was launched at Cornell University. Each satellite office is open for a few hours each week, located in a high-student-traffic area, and staffed by a trained college counselor. The counselor is available for short, walk-in conversations and will refer students to the main counseling center if applicable. “Let’s Talk” and related programs have been implemented by several schools across North America. You can learn more about “Let’s Talk” and find contact information for schools that have launched their own versions of the program at the “Let’s Talk Across the Nation” website: <https://health.cornell.edu/services/mental-health-care/lets-talk>