1 in 3 university students have difficulty functioning due to depression

65% of students have felt overwhelming anxiety

14% of students have seriously considered suicide in the last 12 months

**NEED FOR UNIVERSITY MENTAL HEALTH SERVICES**

- Minimized drop out rates
- Student Wellbeing
- Relief of Suffering

**INNOVATIVE TREATMENTS**

1. **Therapist Assisted Online (TAO)**
   - Delivers therapy to students with anxiety over computer or smartphone
   - 34% of students with previous counselling experience endorse online therapy

2. **WellTrack**
   - Online guided self-interactive therapy for stress, depression and anxiety

**SUPPORT FOR UNIVERSITY MENTAL HEALTH SERVICES LEADS TO**

500 000+ students currently use WellTrack

78% of students with mental health concerns first seek help from friends & family

**FOCUS TO INCREASE STUDENT MENTAL HEALTH AWARENESS. EDUCATE.**

Sources:
- The Association for University and College Counselling Centre Directors (AUCCCD) Survey: http://www.aucccd.org/assets/documents/aucccd%202016%20monograph%20-%20public.pdf
- Therapy Assistance Online: http://www.taoconnect.org/
- UT Counselling and Mental Health Centre: https://cmhc.utexas.edu/index.html
- WellTrack: http://www.welltrack.com/

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