



Enriching the  
Student Experience  
through Mental  
Health and Wellness  
Services

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# Capstone Overview

## Prioritizing The Mental Wellness of Our Students

### Rationale:

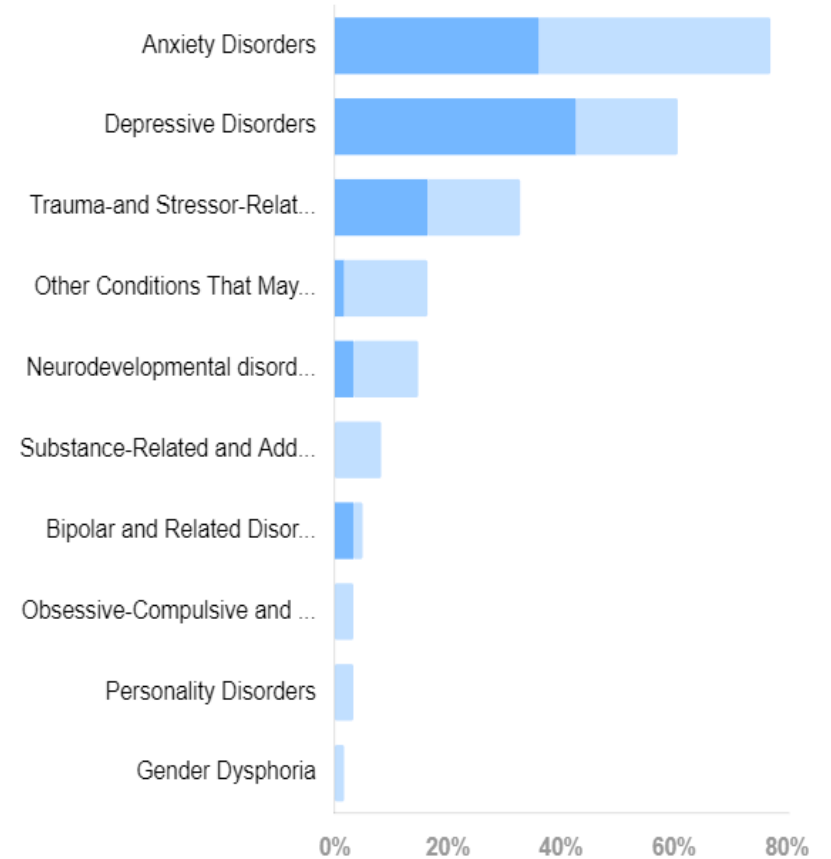
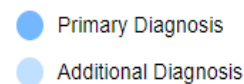
- The American College Health Association (ACHA) surveyed over 54,000 undergraduate students. The results showed that approximately **77%** of students were **experiencing psychological distress**. The most common mental disorders are **anxiety, depression, and mood disorders**.
- **Through specific programming and on-campus initiatives**, our team sought to closely examine the mindset, critical thinking skills and type of motivation needed for students to **build greater self-awareness and mental health capacity**.



### Mantra Health Data:

#### Diagnoses Breakdown

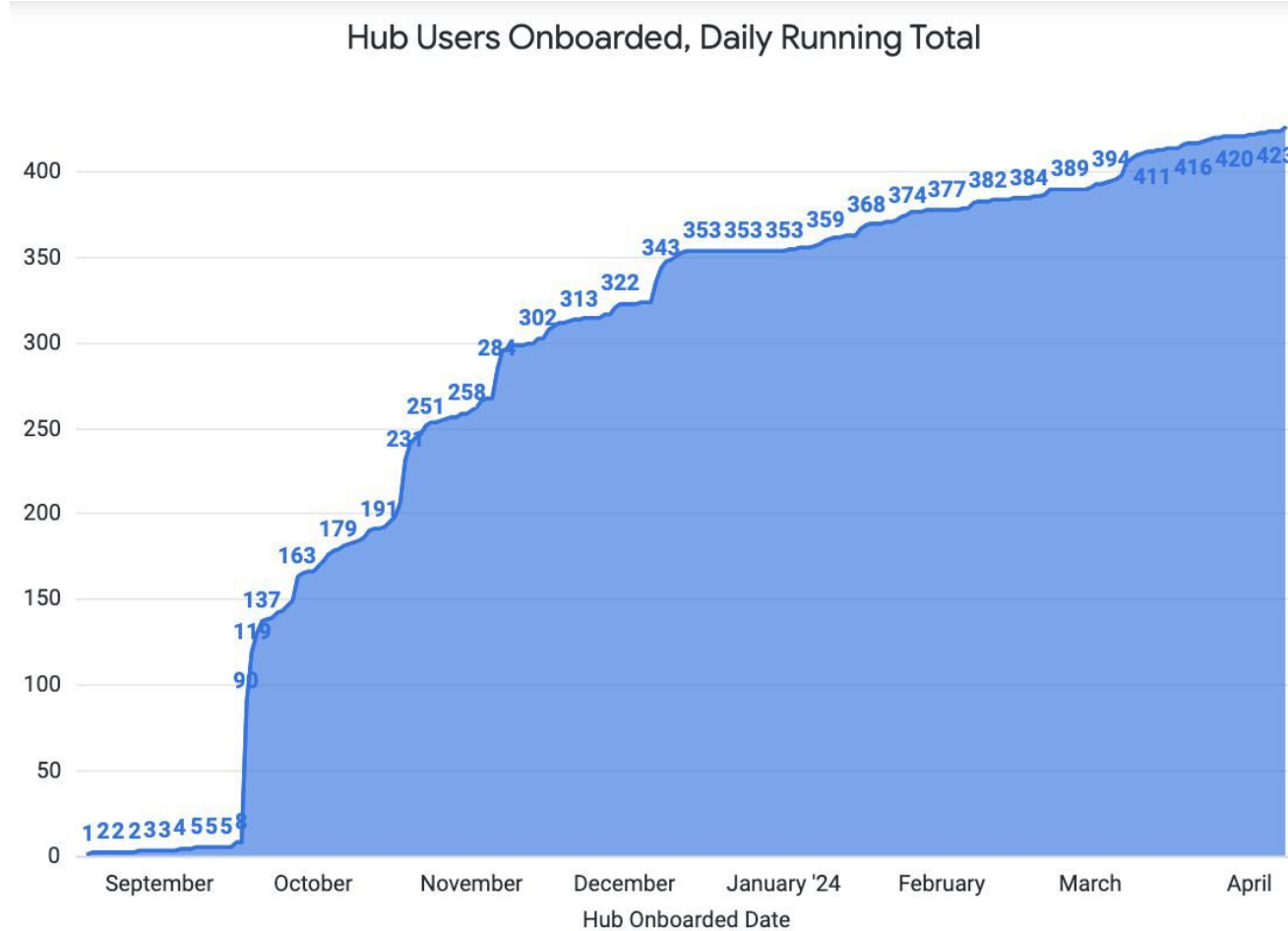
Common conditions of referred patients from your organization that have had at least one visit with Mantra





# Capstone Results

## A Rise in Student Awareness & Proactivity in Mental Wellness



# Future Actions

Educate, Inform, Support



## Stress-Less Fest

SPRING EDITION

Take a break from school and  
enjoy relaxation activities and fun...  
massages, pets, food, games, and prizes

**Tuesday, March 5**

11 a.m. to 1 p.m. | SU Ballroom

 COUNSELING  
SERVICES



DO YOU NEED A QUIET PLACE TO UNWIND?

**TAKE A BREATHER  
IN THE RELAXATION ROOM**

**NO APPOINTMENT NEEDED**  
MONDAY THROUGH THURSDAY  
9 A.M. TO 4 P.M.  
TPP 131

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