ASU Mental Health Support Activities

The Problem:
- College students have different mental and physical health challenges
- ASU needs interactive activities focused on all mental health issues

The Solution:
- Offer activities and information sessions based on different mental health challenges
- Student led hikes, field days, cooking classes, and boating are examples of activities
- Offering treatment and support out of the counseling office helps student be active and improve mental health

Sources:
- College Students’ Mental Health Is a Growing Concern, Survey Finds.” Monitor on Psychology, American Psychological Association, June 2013,
- “The importance of physical and mental health in explaining health-related academic role impairment among college students.” Journal of Psychiatric Research, vol. 123, 29 January 2020,