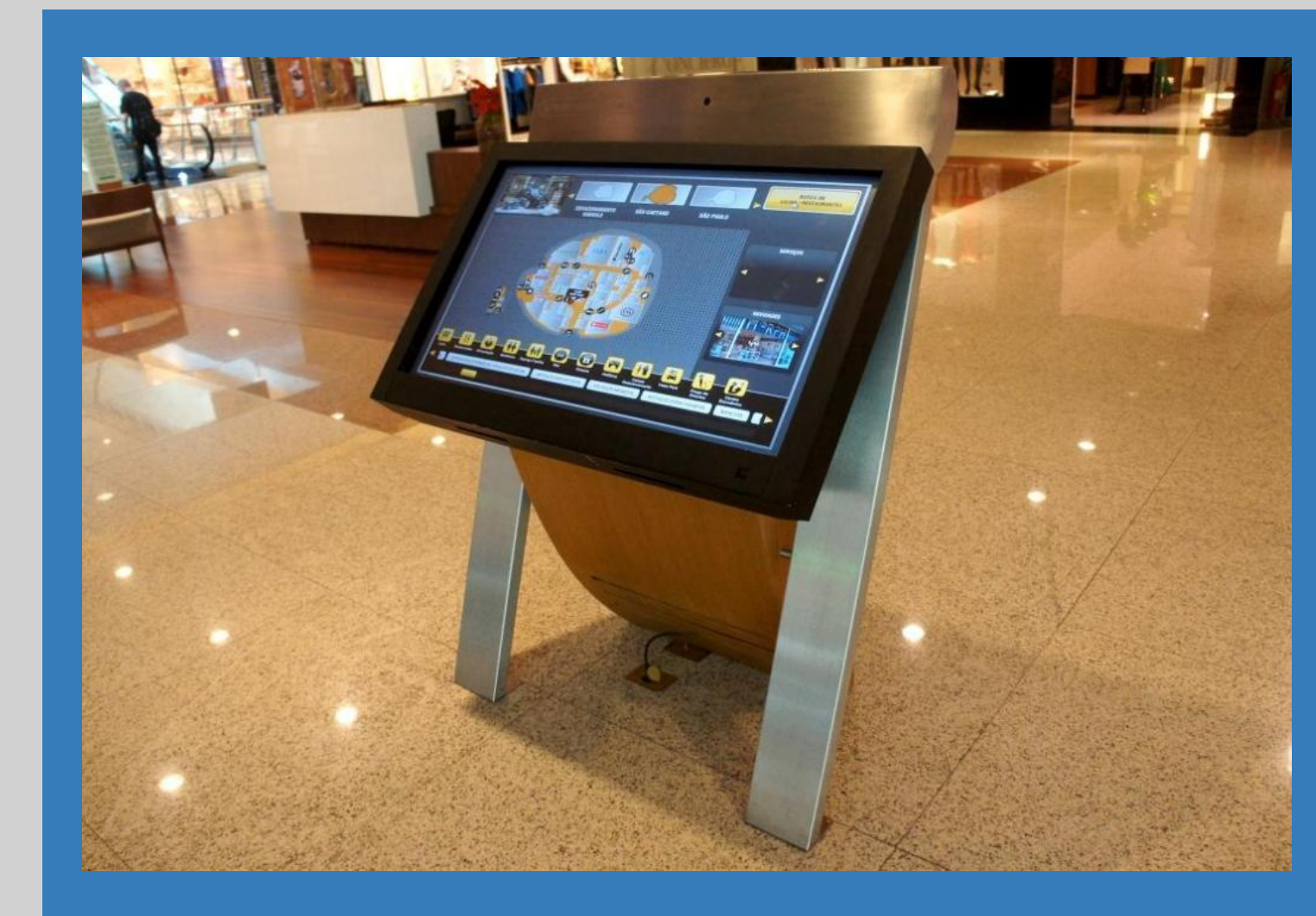


Mental Health Kiosk

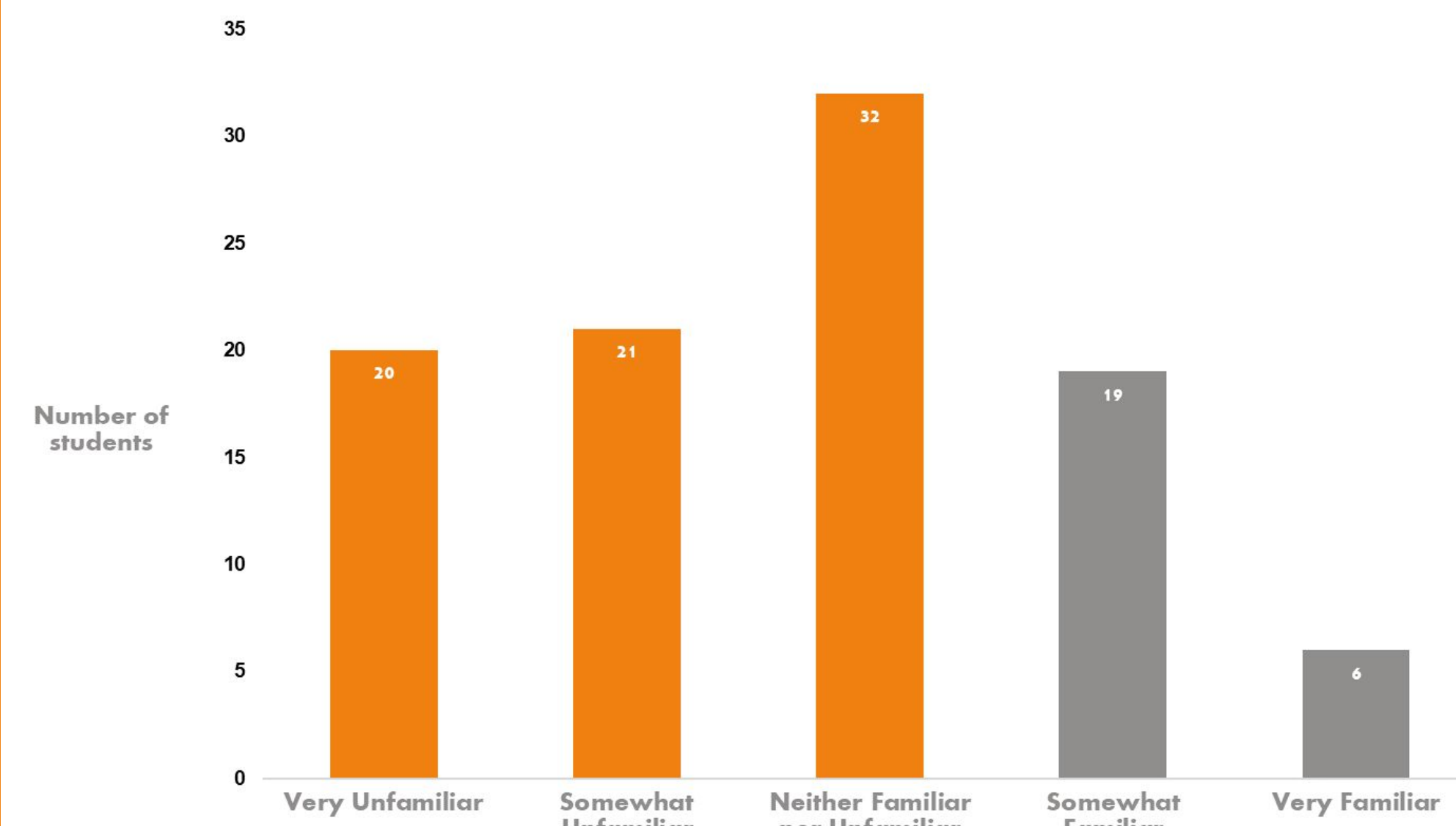
A way for students to privately and conveniently access on campus resources



The Problem

- College students are facing greater mental health challenges
- Students often resist getting help
- Students don't know what resources are available

Students are **not familiar** with the resources at ASU



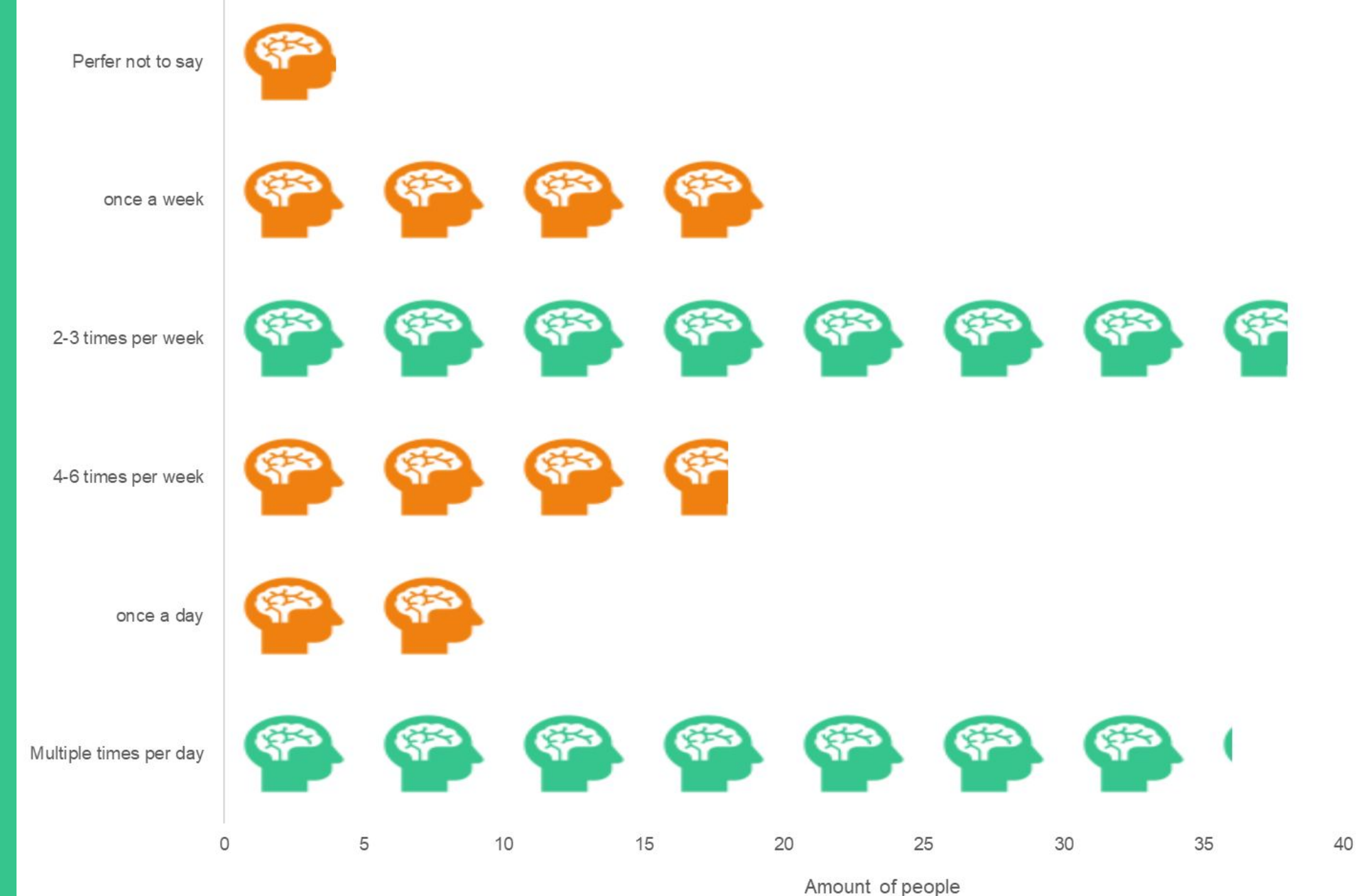
“Just because no one else can heal or do your inner work for you, doesn't mean you can, should, or need to do it alone.”-Lisa Overa

The Solution

- Install kiosks with a variety of resources
- Students have convenient and private access to mental health services as one of the options
- Students can take screening surveys and receive referrals and make appointments

75% of college students who have depression **do not seek help**

Experiencing **stress** and **anxiety** is more common than we think



References:

Fig. 1: Data from College Stats

Fig 2: Data from electronic survey of 98 college students in March 2021

Quote: <https://mentalhealthmatch.com/articles/anxiety/inspiring-mental-health-quotes>