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

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

“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

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