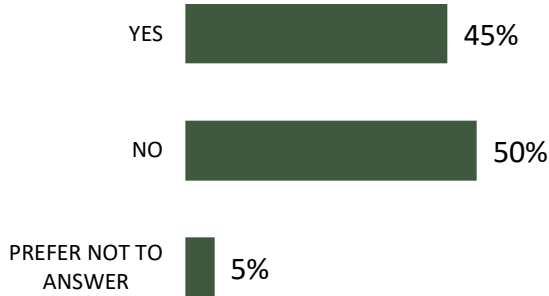
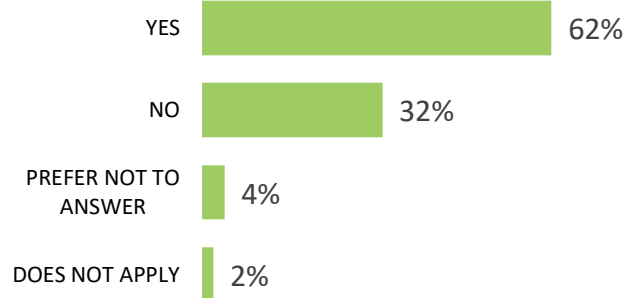


## IMPORTANCE OF MENTAL HEALTH SERVICES

STUDENTS WHO FELT THE NEED TO ACCESS MENTAL HEALTH SERVICES



STUDENTS WHO HAVE CONSIDERED REACHING OUT TO UVU STUDENT HEALTH SERVICES FOR MENTAL HEALTH CARE



TOP 5 REASONS THAT KEEP STUDENTS FROM ACCESSING MENTAL HEALTH SERVICES AT UVU

1. ANXIETY/EMBARRASSMENT/NERVOUSNESS
2. WAIT LIST IS TOO LONG
3. NO CONVENIENT TIME
4. UNAWARE OF AVAILABLE SERVICES
5. THOUGHT IT WAS EXPENSIVE

TOP 5 WORKSHOP TOPICS STUDENTS WOULD BE INTERESTED IN ATTENDING

1. HOW TO COPE WITH ANXIETY
2. STRESS MANAGEMENT
3. HOW TO COPE WITH DEPRESSION
4. RELATIONSHIP/COMMUNICATION SKILLS
5. STUDY SKILLS

STUDENTS WHO FEEL THAT ATTENDING JUST ONE SESSION OF INDIVIDUAL THERAPY COULD BE BENEFICIAL



## STUDENT SUGGESTIONS REGARDING UVU MENTAL HEALTH CARE SERVICES

- Have a visible office with a free 30-minute walk-in appointment.*
- Have a quick 5-minute appointment for those who only need to renew a prescription.*
- Have more care focused on issues related to students who have young children at home.*
- Have online appointments or a time during the day that is open for walk-ins.*