

Student advocacy services support mental wellness

Addressing mental health on campus must be part of every institution's core strategy for student success. A holistic approach that encompasses advocacy services and digital technology is essential for a connected, safer, healthier and more productive learning environment.

- Today, mental health issues affect students of all ages¹, as well as parents and teachers.²
- This downward trend in mental health also affects students' ability to complete their studies with two times as many likely to drop out compared to other students.³
- The 2020 Healthy Minds study reveals the reality with approximately 50% of students surveyed indicating they needed help for emotional or mental health problems.⁴

50%
of students surveyed needed help

- In the same study, 29% of students surveyed received counselling for mental health issues from a healthcare professional. That number jumps to 40% for those with positive screening for depression or anxiety.⁵

29%
of students surveyed received counselling

An ecosystem for mental wellness

A smart, campus-wide network that delivers student-centred advocacy services must include:

- High-performance networking and Wi-Fi solutions that support campus-wide communications and collaboration
- Automation technologies to simplify network deployments and operations
- Artificial intelligence technologies that allow predictive network management
- Unified security policies and robust, granular cybersecurity mechanisms

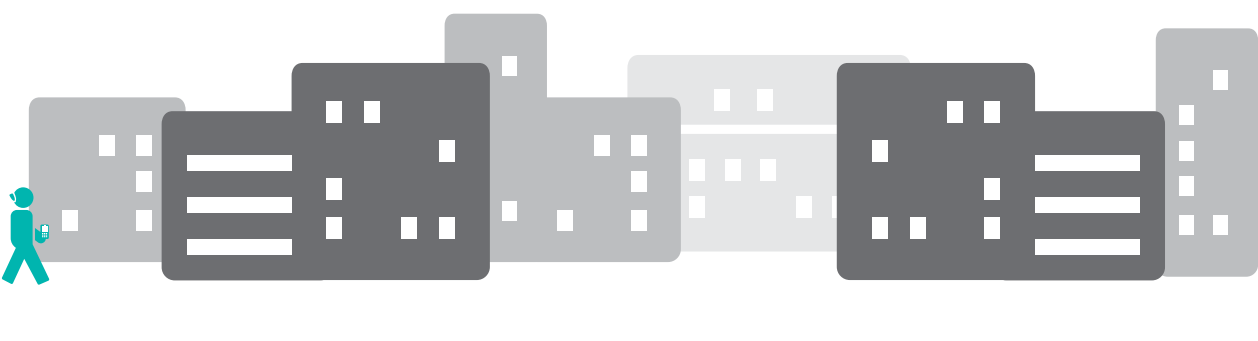


A resilient campus

Digital transformation provides collaborative solutions and services accessible to all and customised for students' unique needs.

- Digital technologies deliver support services that enable better mental health and personal safety throughout students' academic journey
- Studies confirm students enjoy working with social learning tools⁶ and are more likely to complete their courses.⁷
- A recent study indicated that 17% of students surveyed didn't seek help due to financial reasons and an additional 13% just didn't know where to go. Reducing barriers can make all the difference for struggling students⁸
- Data analytics can help identify students who are struggling
- A contact centre provides a single point of contact and ensures students have fast, easy access to assistance
- Text-based conversations offer a natural way for a generation of students that grew up texting, to seek assistance
- A mobile app provides students, faculty and staff, anytime, anywhere access to online communities, alerts and support resources

17%
of students surveyed didn't seek help due to financial reasons



Keep connected

A student advocacy services support platform that lets students easily connect with campus groups as well as healthcare, mental wellness and other resources is essential to:

- Find other students who share interests, language or are experiencing similar challenges
- Engage in interactive forums, projects and activities
- Learn about campus and programs that provide emotional, financial, housing, food and other support services



Faculty and staff can also benefit through:

- Online communities where they can support one another
- Improved effectivity in their jobs
- A better understanding of how to support struggling students

Proactive communications provide an effective way to reach out to students through text messages, emails and alerts to congratulate, encourage and inform.



Increase safety, reduce anxiety

A student-centred, technology environment increases campus safety through:

- Hotlines that provide a direct line to resources
- Emergency call buttons located in buildings and on outdoor infrastructure
- Automated lighting systems that provide visibility along paths, corridors and parking garages, among others
- Mass notification systems that advise of potentially dangerous situations
- Automated alarm systems that notify students and authorities to take immediate action and automatically alert emergency response teams



Learn more

To learn how we can help you improve your students' mental wellness through student-centred advocacy services, check out our [website](#) or [contact us today](#) to discuss your specific needs.

¹ [Mental Health Tops Safety Concerns in K-12](#), The Journal, March 2022
² [Mental Health Impact of the COVID-19 Pandemic on Teachers and Parents of K-12 Students](#), CDC Foundation, May 2021
³ [The Healthy Minds Study Fall 2020 Data Report](#)
⁴ [ibid](#)
⁵ [ibid](#)
⁶ [Reflecting on Social Learning Tools to Enhance the Teaching-Learning Experience of Generation Z Learners](#), Frontiers in Education, January 2021
⁷ [What Harvard Business School Has Learned About Online Collaboration From HBX](#), Harvard Business Review, April 2015.
⁸ [The Healthy Minds Study Fall 2020 Data Report](#)