



Universities' Response to Supporting Mental Health of College Students during the COVID-19 Pandemic

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[Psychiatric Times](#) [1]

The combination of ways in which COVID-19 is uniquely impacting college and university students is leading to greater stress and risk for mental illness and suicidality than usual. Many students have had to vacate their dorms quickly, transition to online learning, and experience isolation due to loss of their usual events and social connections. Some students do not have a family to go to or may lose the job that enables them to afford school and even enough food. Others lack the technological infrastructure to keep up with online classes and stay connected with social communities that are continuing virtually. To address the increasing stress and mental health needs, campus mental health services are trying to shift rapidly to telemental health. But in addition to the technological issues in this transition, campuses are facing legislative and regulatory obstacles, including ones related to privacy and reimbursement. Some state governors and regulatory agencies have started eliminating these barriers, but more changes are needed to ensure that college students can access the mental health care they need.

Spark Extra! Learn more about providing [telemental health for college students](#) [2].

Links within this resource

[1] <https://www.psychiatrictimes.com/coronavirus/universities-response-supporting-mental-health-college-students-during-covid-19-pandemic>

[2] http://hemha.org/wp-content/uploads/2019/01/HEMHA-Distance-Counseling_FINAL2019.pdf

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