



## As Students Head Back to College, Virtually or In Person, Counseling Centers Hope to Provide Mental Health Support

August 28, 2020

News Type: Weekly Spark, Weekly Spark News

[The Washington Post](#) [1]

College and university counseling centers are preparing to offer students extra mental health support this fall. In the past decade, many campus counseling centers have expanded their offerings, according to Jed Foundation Medical Director Victor Schwartz. That puts them in a good position to meet the need for mental health support during COVID-19. Some centers are working to increase access to services and decrease wait times by offering more drop-in appointments, telehealth therapy, and crisis support. At Rice University in Houston, for example, virtual counseling will be widely offered for both remote and on-campus students.

**Spark Extra!** Check out our [Virtual Learning Lab: Mental Health Resources](#) [2].

### Links within this resource

[1] [https://www.washingtonpost.com/health/mental-health-support-for-students-at-college-counseling-centers/2020/08/21/9c0b1438-d275-11ea-9038-af089b63ac21\\_story.html](https://www.washingtonpost.com/health/mental-health-support-for-students-at-college-counseling-centers/2020/08/21/9c0b1438-d275-11ea-9038-af089b63ac21_story.html)

[2] <http://www.sprc.org/mental-health-resources>

**Printed on 01/23/2021 from** <https://sprc.org/news/students-head-back-college-virtually-or-person-counseling-centers-hope-provide-mental-health>