

Counseling and Psychological Services

Facts from Fall 2020

4,406

Attended Telemental Health Counseling Sessions (Individual, Group, Emergency, Initial Consult, etc.)

4 Days

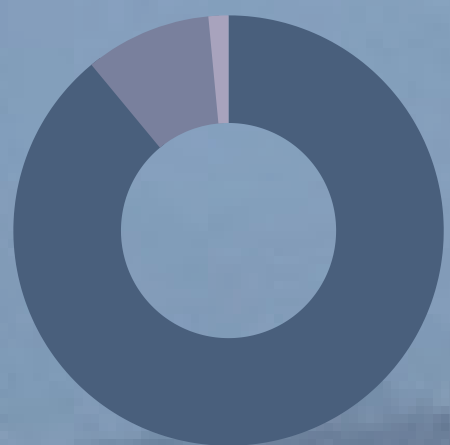
Average from Initial Consult Session to scheduling of first Individual Counseling (most frequent = 1 day)

19%

Students served from underrepresented racial/ethnic identities (comparable to 18% of enrolled students)

Counseling makes a difference: 89% of students report more coping skills after just 3 sessions of counseling.

**Neither Agree/Disagree
9.5%**



**Better Coping
89%**

61 Mental Health Presentations & Trainings

For 1,463 Students, Faculty, & Staff (classes, student groups, athletic teams, etc.)