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.

- 61 Mental Health Presentations & Trainings
- For 1,463 Students, Faculty, & Staff (classes, student groups, athletic teams, etc.)

Neither Agree/Disagree: 9.5%
Better Coping: 89%