

Mental Health Matters

Year 1: Review

Year 2: Looking Forward



Our Initiative

- October 4, 2023: Mental Health Matters Kickoff event
- Growing need for mental health support on campus

CDC DATA ON YOUTH MENTAL HEALTH DURING COVID-19

37%

Experienced poor mental health during COVID-19



44%

Experienced persistent feelings of sadness or hopelessness during the past 12 months

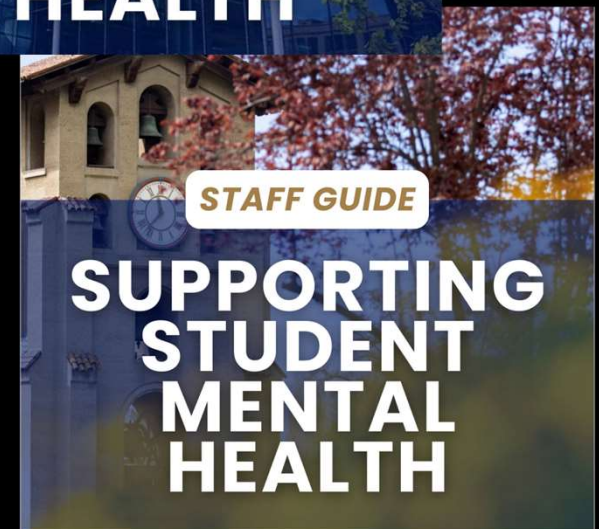
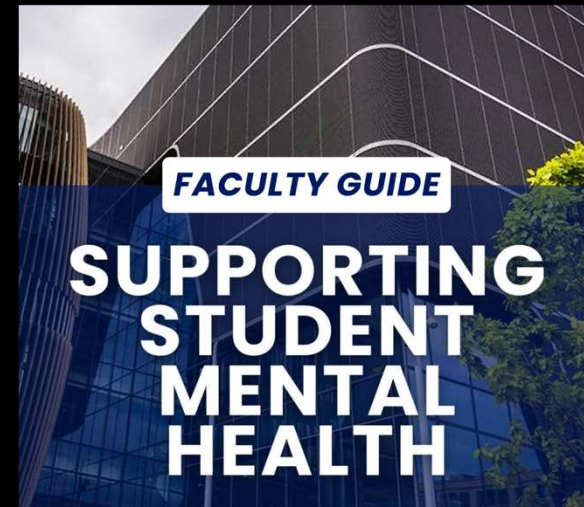


75% of all life-time mental health conditions that begin by age 24.
(National Alliance on Mental Illness)

Faculty and Staff Supporting Students

Year 1 Program Elements

- In-person trainings
- Guidebooks for faculty and staff
- Wellness Days pilot program
- JED Foundation partnership



Trainings at College-Wide Meetings

Year 1 Trainings

October 2023

University-Wide

Mills College

College of Arts,
Media & Design

November 2023

College of Science

College of
Engineering

Disability Alliance

University-Wide
Staff

University-Wide

December 2023

Chemistry and
Chemical Biology
Faculty

College of
Professional Studies

School of Clinical
and Rehabilitation
Sciences Faculty

February 2024

Khoury
College of
Computer
Sciences

June 2024

College of Science
Staff

JED Foundation

The JED Campus program is a 4-year collaboration to assess and strengthen mental health, substance use, and suicide prevention systems on campus.



JED protects mental health and prevents suicide for teens and young adults by equipping them as individuals, strengthening their campuses, and mobilizing the communities and influences in their lives.

Year One Program Elements

Events

***Mental Health Matters
Kickoff Event***
October 2023

***Burnout and How
to Avoid it***
Rebecca Pope-Ruark
Georgia Institute of
Technology
November 2023

***Combatting Burnout:
Creating a Culture of
Resilience***
Rebecca Pope-Ruark
January 2024

***The Race to Fenway in
May: Stress and
Coping During the
Spring Semester***
Expert Faculty Panel
March 2024

Advisory Group

Membership includes
faculty and staff from
across the network
n=17

Advised on
programming

Shared unit-level
feedback

Digital Resources

Faculty resources
website

- Employee Benefits
- Mental Health Support Guides
- Faculty Experts on Coping and Resilience
- Articles and More

Looking Forward



Year 2: Continuing

- Revised guidebooks for faculty, staff, students, and parents/family
- Wellness Days program
- JED Foundation partnership
- Faculty and staff trainings

Year 2: What's New?

- New resource: Togetherall
- Events
- Faculty Networks

Year Two Program Elements

Events

***Make your Workday
Work for your
Mental Health***
Dr. Alice Boyes
Nov. 5, 2024

***Belonging: The
Science of Creating
Connection and
Bridging Divides*** Dr.
Geoffrey L. Cohen
Stanford University
Feb. 12, 2025

ADVANCE Faculty Networks

Book Club

Mindfulness and
Contemplative
Practice

Advisory Group

Enhanced to
include members
from all
colleges/schools

Digital Resources

Faculty resources
website

- HR well-being
program

- Tips for
Avoiding
Burnout at
the “Local
Level”

Faculty and Staff Resources



**When life's a little much,
reach out and get in touch.**

SERVICES

- ☑ **Counseling**
 - In-person
 - Telephone
 - Online messaging
 - In-the-moment
- ☑ **Consultation on**
 - Finances
 - Legal needs
 - Managing employees
 - Life
- ☑ **Crisis support**
- ☑ **Coaching**
- ☑ **Adult and child care resources**
- ☑ **Personal and professional training**
- ☑ **Digital behavioral health tools**

Northeastern
University

Mental Health Matters

How will you take care of you?

