

Impact of the Pandemic on Campus Mental Health

Issue	Pre-Pandemic	Post Pandemic
Institutional Priority Leadership	varied, uneven, often implicit uncoordinated, often Student Affairs & HR	high, explicit President & Cabinet
Incidence		
Students	increasing-stress, anxiety, depression, etc.	marked increase in all MH aspects combined with basic needs insecurities
faculty/staff	uneven,	marked increase MH issues and 'burn out'
Interventions		
Students		
Counseling Centers	uneven, ability to meet needs varied	stressed, ability to meet needs, target by under served populations
Tele counseling	unused or available	used by most centers
Peer counseling	limited use-training uneven	increased use--training expanded
Faculty support	often 'not my job'	interest, training needed
Faculty/Staff	EAP's; often with limited services, usage	EAP's increase comprehensive services
Prevention		
Wellness-Wellbeing	programs at limited number of institutions	growing number
Campus wide programs	limited number—most at larger institutions	growing across all institutional types
Workforce/workplace	known policies/procedures	new policies/procedures redesigned to reflect new work/force/place & attention to work/life balance issues