



CSU Campus Mental Health and Well-Being, Substance Misuse Prevention Summary

Updated 3/15/2023; Contact Christina Berg, MPH, CSU Health Network, Director of Health Education and Prevention Services for additions/changes to this summary.

Digital Self-Help, Skill Building and Coaching Resources

- The YOU@CSU platform uniquely provides and personalizes campus resources and evidence-based/informed original content to help students Succeed (Academics/Career), Thrive (Physical/Mental Health) and Matter (Purpose/Connection). The platform has many interactive features like a robust search engine, online assessments/self-check ins, goal setting, skill-building and crisis resource navigation.

There is also a version of YOU@CSU for faculty and staff. Its several functions include providing employee health and well-being resources, professional development, as well as giving a glimpse into the student version of YOU@CSU. It also provides guidance on how to support student well-being and students in distress.

- SilverCloud cognitive-based therapy skill building modules (depression, anxiety, social anxiety, depression and anxiety, resilience, positive body image, sleep, stress management) are available with virtual coaching to support completion. Students can access these self-help modules directly through YOU@CSU, the CSU Health Network website or referral pathways.

A version of SilverCloud is available for employee use; however, does not include virtual coaching to support completion.

- The Nod Strengthen Social Connections app assists in addressing the growing problem of loneliness on college campuses by supporting students in building social connections. The app provides ways for students to practice creating connections and build authentic, social relationships while addressing the psychological foundation of loneliness using skill-building challenges and personal reflection exercises.
- Meditation/mindfulness apps such as Unwinding Anxiety, Insight Timer, Headspace, StopBreatheThink, Smiling Mind, The Shine App, Liberate Meditation and Calm offer a variety of ways to practice and learn about mindfulness to enhance well-being.
- The Canvas Financial Wellness skill-building platform helps cultivate financial know-how and money management in college and beyond. Topics include understanding student loan debt, using credit cards responsibly, developing/sticking to a budget and more.
- Rams Fail Forward skill-building resources are available to assist in normalizing and helping students learn and recover from failure.
- Online Screening tools Impact Feedback and Marijuana eCHECKUP TO GO are available for students to self-screen for substance misuse. These self-screenings include personalized feedback, as well as provide related resources and prompt students at higher risk to connect to support services. Ulifeline, a mental health self-screening, is also available for student use.

Incoming and First Year Students

- The Psychosocial Mindset intervention is presented to new, incoming students during undergraduate Ram Orientation. New students watch a video used to share common college transition challenges and strategies to overcome these challenges from peers with varying identities, followed by reflection facilitated in small groups. Ram Orientation Leaders are trained by CSU Health Network Health Education and Prevention Services staff to facilitate. A version of this intervention has been created for graduate new student orientation delivered within their first-year seminars and academic partnerships. Research



has demonstrated the effectiveness of this messaging for incoming student persistence with a particular benefit for students facing a social disadvantage in higher education.

- New, incoming students engage in the Ram Orientation: Rams Take Care, Rams Take Action session that integrates alcohol norming and bystander messaging. Ram Orientation Leaders are trained by CSU Health Education and Prevention Services staff in program content, motivational interviewing, bystander intervention and related skills for program delivery.

The Women and Gender Advocacy Center's Red Whistle Brigade Peer Educators during Ram Orientation provide an in-person session to address consent and interpersonal violence using theater and creative yet accessible analogies to teach consent.

- Ram Orientation CSU Health Network Parent and Family presentations and related communications provide requirements, recommendations, services and support resources information (a version of this presentation is being requested for new students), as well as encourage prevention-focused conversations with their new students related to mental health and substance misuse. The CSU Health Network and Parent and Family Programs provide follow-up resources to help engage in these conversations as a protective factor.
- The AlcoholEdu online module is required for new, incoming students under the age of 23 to facilitate healthier decisions related to alcohol and other drug use. Module components include the setting of expectations and norms clarification, as well as providing personalized feedback and tailored content that engages abstainers, light to moderate users and frequent users with customized messaging. It also educates on the mental and physical effects of substance use and alcohol poisoning, as well as prepares students to engage in active bystander behavior. The module also includes vaping and marijuana prevention education.
- The Sexual Assault Prevention online module, required for incoming students, focuses on issues associated with stalking, relationship violence and sexual assault. Students learn about consent, how to help a friend and how to intervene in a situation that might escalate to interpersonal violence.
- The AlcoholEdu and Sexual Assault Prevention modules prompt new students to e-sign that they have read related campus policies.
- Finances are one of the top stressors for CSU students and students nationally. The Canvas Financial Wellness skill-building platform is an interactive, mobile-first financial education solution that delivers actionable financial education through a series of interactive learning sequences organized into playlists. Campus-related financial support resources are also promoted as part of the module. Completion is promoted with other new student requirements and recommendations.
- Ram Welcome typically includes the Parent and Family Student Challenges and Steps to Success presentation in the schedule. This session explores some of the common challenges that can impact student's satisfaction and success, as well as what helps turn challenges into opportunities to increase student life skills and resilience.
- As the Fall and Spring semesters begin, the Diversity, Inclusion and Belonging for Students module is administered to new, incoming students, but is always available through Ram Web for any student to complete. The module serves as an important step in introducing students to the CSU Principles of Community and how to apply them to work, education and life. The module also helps create a common student learning experience to build upon and is part of a continuum of CSU efforts to support diversity, inclusion and belonging. Module participants: (1) explore their own identities, (2) learn about key concepts related to identity, inclusion, belonging, bias, power, privilege and oppression, (3) understand the benefits of being part of a diverse community and (4) develop skills related to allyship, bystander intervention, self and community care and creating inclusive spaces. Faculty and staff are encouraged to integrate the module into coursework and student groups they advise with follow-up discussions to deepen student learning of content. A toolkit is available to assist faculty and staff with leading discussions about the module and training sessions.



- In-person mental health and well-being skill building sessions, as well as resourcing, are integrated into new undergraduate Orientation and Transition Programs First Year and Key Academic seminars. An online Canvas version has been created for new graduate students, specific to their needs, delivered through their onboarding seminars and academic partnerships.
- Student staff trainings are provided to Ram Orientation Leaders, Ram Welcome Leaders, Resident Assistants and University Housing Support Staff and other student and mentoring groups regarding their role in creating an environment that supports student well-being and encourages healthy decisions around alcohol and other drugs. Trainings can include brief motivational interviewing skills to help have critical conversations with students they serve, active bystander techniques, health education and harm reduction education and referral.
- University Housing staff work to create a community with their yearly influx of new and returning students and offer Living Substance Free floors in residence halls. As part of the CSU Police Department Officer Liaison program, each residence hall is assigned an officer with the intention of forming relationships and building trust. Students become accustomed to seeing the officers and associating them less with only policy violation response.
- Early in Fall semester, the Setting Expectations campaign within University Housing is mobilized, in follow-up to housing contract signing. The campaign provides clear messaging about campus alcohol and other drug policies and violation, as well as messaging to reinforce AlcoholEdu content related to how to help a friend with alcohol poisoning and promotion of Responsible Action/Medical Exemption policy.
- Besides University Housing, there are dozens of programs across campus that exist to promote and help cultivate social connectedness among students, especially first-year students. Some examples include Orientation and Transition Programs; Student Leadership, Involvement and Community Engagement; Campus Recreation Club Sports; Fraternity and Sorority Life; Student Diversity and Program Services; International Programs; Faith and Belief Communities; campus/academic units and community events.

Enhancing Student Mental Health, Well-Being; Substance Misuse Prevention Outreach

- The CSU Health Network Health Education and Prevention Services team provide mental health and well-being outreach in various settings for campus. Educational topics along the continuum include self-care and well-being, stress management/mindfulness to suicide prevention. The Women and Gender Advocacy Center provides interpersonal violence prevention-related educational outreach opportunities. Kendall Reagan Nutrition Center and University Housing's Nutrition Program offer nutrition-related educational sessions. The Health Education and Prevention Services team collaborates with Occupational Therapy to provide more in-depth, educational experiences on the topic of sleep.
- Creating Respect, Educating Wellness for and by Students (CREWS) Peer Education and CSU Health Network staff provide alcohol, marijuana and tobacco/vaping presentations and outreach. Narcan and overdose prevention trainings are available. Naloxone access and fentanyl testing strips are available at no cost to the CSU community.
- The CSU Health Network offers a robust series of educational workshops (subject to change each semester), including topics such as: Anger Management, CannaBiz, Creating Change, Exploring Substance Use, Gender Socialization Male Identified, Reclaiming Intimacy After Trauma, Self-Exploration and Strengths. The Mindfully Managing Stress psycho-educational workshop, part of the CSU Health Network Groups and Workshop series, uses the evidence-based Koru curriculum, known to improve concentration, reduce stress and anxiety, improve mood, as well as increase social connection, a sense of self-control, awareness and compassion to support one's mental health.
- Outreach provided by ASCSU Health has included a body positive training, as well as disordered eating awareness. The Women and Gender Advocacy Center have provided body positive educational events. ASCSU Health and Active Minds, a mental health student advocacy group, help promote mental health and well-being student support resources at tabling events, along with stress management tips, and often support campus finals relief programming.



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- The Center for Mindfulness provides meditation and mindfulness sessions. Campus Recreation offers various movement, yoga, massage and outdoor education-related opportunities.
- CSU Health Network Health Education and Prevention Services faculty and staff trainings are available to coach on helping foster student well-being and assisting students in distress. These trainings are also integrated into yearly campus employee trainings with the intention to request integration into onboarding new faculty and staff.
- Campus trainings have been provided for stress reduction in response to stressful/traumatizing events in the past few years. This type of Community Resilience Model training is being expanded to provide ongoingly to help address the need for community care for high stress and trauma.
- Growth mindset and resource referral training has been provided for faculty, staff and student leaders in the past. Academic probation letters, for example have been modified based on research presented by adjusting messaging from a growth mindset lens. This has been shown to better support and empower students on probation to change course, which in turn aids in the student success and retention.
- The Well-Being in Academic Environments Tool Kit is promoted in various communications and presentations when sharing student health data themes, references to student support resources, along with instruction on how to use the tool kit. The tool kit is part of the Institute for Teaching and Learning's website resources for faculty, along with syllabi mental health related messaging. Diversity and inclusion best practices and resources were intentionally integrated into the tool kit. The most common sections viewed are the tool kit's homepage, along with social connectedness, the whole student, bounce back and instructional practices.
- The StillPoint Reflection Space, located in the Health and Medical Center, is designed to be a spiritually nourishing, inclusive environment for CSU faculty, staff and students from all backgrounds and cultures to engage in prayer, reflection, meditation and relaxation. A relaxation pod, as well as biofeedback technology, are available to support skill-building.
- CSU Health Network Education and Prevention Services, in partnership with Communications, provides intentional, health promotion messaging/campaigns and related education, skills, harm reduction and healthier behavior development through various campus communication mediums during defined times during the year.
- Off-Campus Life and Student Resolution Center have implemented a campaign called, Your Actions Have Impact, that helps students reflect on the choices they make and how it impacts others in relation to substance misuse and secondary effects.

Decreasing Substance Misuse Risk in Vulnerable Groups

**New, first year students are considered a vulnerable group, and related initiatives are shared in the Incoming and First Year Students above.*

Fraternity and Sorority Life Community

- The GreekLifeEdu (a version of AlcoholEdu) online module completion is required by most fraternity and sorority chapters by their (inter)national organization.
- The Fraternity and Sorority Life Harm Reduction and Risk Management Workgroup focuses on exploration, implementation and updates to harm reduction and prevention strategies specific to the fraternity and sorority community. There is the promotion of resources, grounded in harm reduction, for chapters to utilize when planning social events with alcohol. These resources include: (1) third party vendor contracting, (2) event monitoring, (3) tailgate event planning and (4) Bring Your Own Beverage guest list strategy.
- The Fraternity and Sorority Joint Policy on Risk Management group meets annually to review risk management policy that governs the community to make updates based on experience and best practice.



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The current policy is available at: <https://fsl.colostate.edu/wp-content/uploads/sites/12/2022/10/Fraternity-Sorority-Joint-Policy-on-Risk-Management.9.2022-1.pdf>

- There is intentional follow-up regarding violation of alcohol-related policies and online publishing of fraternity and sorority organization conduct outcomes.
- The Office of Fraternity and Sorority Life provides a risk management officer workshop on a variety of harm reduction related topics, with at least once per Fall semester providing a workshop focused on alcohol misuse prevention. Additionally, workshops have been hosted on marijuana misuse prevention and managing alcohol expectancies in the social drinking environment.
- The Tailgating Summit engages the fraternity and sorority community in discussing tailgate event strategies for harm reduction and safer behavior.
- Broader than the Fraternity and Sorority Life community, CSU provides hazing prevention training, messaging and encourages reporting of incidents. Fraternity and Sorority Life specific hazing prevention resources can be found at: <https://fsl.colostate.edu/resources/hazing-prevention-education-resources/>

Athletes

- Substance misuse prevention messaging and support resource information is embedded into the first-year athlete course curriculum messaging and orientation.
- CSU adheres to the National Collegiate Athletic Association (NCAA) athlete alcohol and other drug testing protocol. NCAA also requires sexual assault prevention training for student athletes and staff yearly.
- There is a CSU Health Network counselor embedded in Athletics to actively assist with student athlete and coach education and student mental health/substance misuse support.

High Risk Times/Events

- The Community Welcome event held early Fall helps foster a sense of community and connection between students and long-term Fort Collins residents. Volunteers made up of CSU students and staff, city employees and Fort Collins and CSU Police, go door-to-door visiting approximately 2,000 homes in neighborhoods surrounding the main campus. Teams distribute information about City ordinances and expectations CSU has for its students. Additionally, the teams encourage neighbors to get out and meet each other, providing residents with the "Art of Neighboring" brochure as well as exchange names and contact information to create positive relationships.
- The Party Registration program provides party hosts with an opportunity to receive a warning, giving a 20-minute window to voluntarily terminate a party after a noise complaint has been received. Party smart tips and resources are provided upon registration.
- Depending on the year, CSU campus administrators and Public Safety Team may distribute harm reduction and expectation-setting health messaging at the start of the school year, as well as before the Rocky Mountain Showdown football game with CU-Boulder, Halloween and Spring Break. These events are known to be higher risk for alcohol misuse and other related impacts.
- Fort Collins Police and CSU Police Department engage in joint party patrols, Diving Under the Influence saturation patrols, compliance checks during the year, with greater emphasis early Fall, around Halloween and late Spring.
- CSU sporting events substance abuse and related issues prevention includes: (1) pre-event/tailgating/same day policy communications, (2) limiting hours of sales at venues, (3) server training



and (4) game day protocols and policy enforcement.

- The Football Game Bystander Intervention builds upon bystander education as part of Ram Orientation and AlcoholEdu. The CREWS Peer Education team engages student football game attendees in conversations using brief motivational interviewing and pledging shown to foster bystander behavior and harm reduction.
- There is intentional campus creation and promotion of activities at higher risk times, like Ram Welcome. An example is the First 50 Days that involves University Housing's integration of activities for students to engage in during their first eight-weeks on campus.
- The CSU RamRide program provides free, safe rides for CSU students. The community of Fort Collins has a late-night bus route. Ram Ride has partnered with Lyft to expand reach across nation during the pandemic for students who were attending virtually. This partnership has continued since the return to campus in Fall 2021 with offering coupon codes during high-risk times such as game days, Halloween, and St. Patrick's Day.
- Semester at Sea substance misuse prevention efforts include expectation setting, accountability, community building, student alcohol abuse prevention education and active bystander intervention messaging. Education follow-up involves a post, first port motivational interviewing questions activity. There is also intentional, ongoing training for staff and students voyaging related to safety. Students, and their parents/families, are educated on the front-end of the application process about the stressors associated with the voyage to help assure the potential experience best aligns with a student's mental health and their needs. Both a mental health and medical provider are available on ship during the voyage.

Help Seeking, Referral, Treatment and Recovery

- Help Compass is currently the crisis navigation tool in the YOU@CSU platforms that helps connects students and employees to the right help in moments of need. Whether someone is experiencing a crisis or trying to avoid one, this tool well quips users with the right resources to support self or others by answering a few quick questions.
- Starting Summer 2023, there will be important mental health crisis support number(s) and a QR code to additional mental health resources on the back of new student and employee Ram Cards.
- Student mental health and well-being, as well as substance misuse, support resources are promoted to students, employees and parent/families throughout the year along the continuum from self-help to direct patient care. A comprehensive list of how/where this occurs is available upon request and is being reviewed.

New in FY23 is mental health and well-being health and related student support resource messaging campus bathroom stall signage, similar to Women and Gender Advocacy Center's interpersonal violence prevention and intervention bathroom signage. Another unique promotional opportunity is the Mental Health Musings podcast. The podcast discusses various mental health topics and explains resources available at CSU to help listeners with their mental health and well-being.

- The CSU Institute for Teaching and Learning website provides sample student syllabi mental health messaging and support resources.
- The Interactive Screening Program involves targeted email deployment to higher-risk students with brief screening, personalized feedback and an opportunity to connect virtually with a mental health provider, serving as a bridge to in-person counseling. It is an important suicide prevention tool, which allows direct outreach to students who have been identified as potentially at higher-risk for mental health distress and crisis.



- Certain flourishing and mental well-being assessment questions are part of the University Housing's Taking Stock Program that occurs six weeks into the Fall semester. Follow-up and intentional conversations are conducted by Resident Assistants with deployment of the Interactive Screening Program for identified higher-risk students. There is also a question to prompt if students would like information about CSU Health Network services and support resources.
- Online screening tools are accessible through the YOU@CSU portal to assess substance misuse, symptoms of distress and encourage help seeking behaviors. Mental health and substance misuse screening is conducted in the medical clinical encounter and with new student athletes during their physical exam.
- Tell Someone is a campus service where individuals can report concerns about the health, well-being or safety of a student or university employee. Reports are used to make referrals to campus services that can develop strategies and use resources to discreetly help students and employees who may be in distress. The CSU Health Network intentionally promotes this service in help seeking and support service communications.
- Comprehensive CSU Health Network counseling, psychiatric care and post hospitalization support (iTeam) services are available. Students have 24/7 immediate access to speak with a counselor via daytime drop-in hours at Counseling Services and the after-hours support for urgent and emergent concerns. CSU Health Network individual single mental health sessions may occur through Behavioral Health (provide brief consults to students identified in the medical encounter not requiring counseling), Medical Services/Primary Care, Counseling Services, a Psychiatric Consult and/or take the form of a Safety Planning/Crisis Intervention.

Ongoing Counseling and/or Psychiatric individual sessions, Counseling Group Therapy (topics subject to changes each semester), as well as Medical Services/Primary Care/Psychiatric medication management is available depending on a client's identified needs and the CSU Health Network's scope of care. The Summitone Case Manager Program assists the CSU Health Network providers and related clients with referral to out of scope care.

There are embedded counselors within Athletics, the College of Veterinary and Biological Sciences and the Women and Gender Advocacy Center related to interpersonal violence. There is also the Veterans Integration to Academic Leadership Counselor, as well as the Multicultural Counseling Program, assisting with the mental health care needs of historically minoritized students.

The CSU Health Network Transgender Care Team focuses on offering inclusive and high-quality physical and mental health care services and coordinated care for students who identify as transgender, non-binary, gender non-conforming or intersex. The Disordered Eating Team provides specialized support and coordinated care for clients struggling with disordered eating within service scope.

The CSU Health Network continues to explore access barriers and protective factors, and Counseling Services has applied Universal Design principles to keep historically marginalized students at the heart of care delivery.

- In response to the needs of the University community, the CSU Police Department and the Health Network partnered with UCHealth to bring a co-responder mental health program to support CSU Police Department on calls.
- See the CSU Health Network Student Mental Health and Substance Misuse Support Inventory for a comprehensive list of Campus Self-Help and Mental Health Support Resources related to direct client care and client referral.
- Students with a Conduct Code violation related to alcohol and/or other substances are sanctioned to complete an online assessment through CSU Health Network Drugs, Alcohol, and You (DAY) Program, which helps to determine the most appropriate level of intervention. DAY works with sanctioned and non-sanctioned students across the spectrum of use, including addiction.



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- The CSU Health Network provides nicotine cessation coaching support for students interested in quitting or reducing nicotine and/or vaping product use. Other local and state reduction and quitting support resources are also promoted.
- The Ram Recovery Community provides peer support for students on all paths and phases of recovery including substance misuse disorders, disordered eating, as well as other mental health disorders. The student organization provides weekly meetings and community social opportunities like sober tailgates. They have also supported a pilot recovery Ally training created by Safe Project. The training focuses on risks for developing a substance use disorder, harm reduction, holistic pathways of recovery, stigma and allyship.

Coordinated Crisis Response

- Counseling Services and Employee Assistance Program representatives provide counseling and consultation in times of crisis or following a student, staff or faculty death or other tragedies.
- Student Case Management supports students experiencing the effects of a crisis, adverse incident or disruptive behavior. The focus is to minimize the negative impact on the student or employee and other students, balancing the needs of the individual with those of CSU and the community. In the height of a crisis, meeting with a Student Case Manager may include assessment, referrals and appropriate follow up.
- The Student Consultation Team (SCT) is dedicated to improving community through a proactive, objective, supportive and collaborative approach to the prevention, identification, assessment, intervention, management and coordinated response of student situations that may pose a threat to the safety and well-being of individuals and the campus community. The Office of Support and Safety Assessment chairs the SCT and administers communications from the SCT regarding requirements and support.
- The Division of Student Affairs coordinates the response following a death of a student using the student death/crisis response protocols.
- When responding to a death by suicide, careful suicide postvention guidelines and best practices are followed to strategically communicate with affected individuals and groups about suicide loss.
- Suicide Reporting Best Practice Guidelines are woven into the Campus Student Media's Code of Ethics.

Restrict Access to Lethal Means

- In 2013, CSU conducted a campus environmental scan to look for any unique risk factors contributing to suicide loss. None were found. Access to heights and lab security were assessed at that time. The City of Fort Collins has updated the Mason corridor railroad track protective infrastructure, adding track protective barriers and traffic light improvements to help prevent crossings when a train is coming through. Another scan is being planned.
- The Student Death and Crisis Response Team collects data on students who have died including those who have died by suicide. Data is periodically reviewed to look for unique or particular risk factors. None have been identified.
- CSU Police Department offers safe storage for firearms for on-campus residents or anyone in the CSU community who needs this resource.



Policies, Procedures and Enforcement

- Campus Policy Smoking, Vaping and Tobacco Use Policy and Procedures: <https://wsnet2.colostate.edu/cwis549/csufc/policy.aspx?id=543>
- The CSU Tobacco-Free Campus website: <https://tobaccofree.colostate.edu/> provides a summary of policy change communications that is used to educate CSU campus and to include levels of enforcement. Campus signage has been updated and receptacle removal is complete (need to confirm for University Housing).
- CSU Responsible Action/Medical Exemption: <https://resolutioncenter.colostate.edu/sc-procedures/> (Under Notification of Alternative Resolution Process)
- Campus Policy Alcohol and Drugs and Procedures: <https://wsnet2.colostate.edu/cwis549/csufc/policy.aspx?id=738> There is a CSU Substance Abuse ticket used for first time, low-level offenders.
- CSU Residence Halls Policies and Procedures: Alcohol and Drugs; Smoking, Vaping and Tobacco Use: <http://reshallpolicies.colostate.edu/alcohol-drugs>
- CSU Tailgating Policy and Procedures: <http://policylibrary.colostate.edu/policy.aspx?id=754>
- CSU Student Conduct Code: <https://resolutioncenter.colostate.edu/prohibited-conduct-behavior/>
- The Fort Collins Social Host Ordinance went into effect Fall 2016. This civil ordinance holds people responsible for providing a place for underage consumption (alcohol and marijuana) to occur: <https://www.fcgov.com/neighborhoodservices/socialhost.php>
- CSU collaborates with the Responsible Association of Retailers (RAR) to promote business practices that reduce alcohol-related harm to students 21+ (i.e., drink specials) as well as prevent underage access. There is also a marijuana retailers' version.
- The CSU Health Network has a protocol for students seeking pain medication prescriptions and/or refills.

In Development

- The Campus/Community Substance Misuse Prevention Advisory Committee in FY22 identified future priority areas, in alignment with Drug Free Schools and Community Act/Biennial Review reporting. They include: (1) additional focus on DEIJ-informed initiatives for historically marginalized groups, (2) additional screening opportunities with personalized feedback, (3) Ram Recovery expansion, including community development opportunities, as well as funding for professional staff and dedicated space consistent with institutions similar to CSU's scope and size, (4) responsible advertising and retailer reengagement and (5) responding to pandemic influences on mental health and substance misuse.
- There are also conversations to determine the best way to organize a campus committee and/or a network to collectively foster and align campus mental health and well-being strategic direction, leverage resources, continue the cultivation of partnerships and collaborations and educate partners on student mental health trends and important information to inform their work in support of student mental health and well-being.