

Academic and societal pressures have always contributed to mental health challenges at educational institutions. However, recent pressures have ratcheted up the stress, anxiety, uncertainty and isolation more than ever.

## A mental health check-up

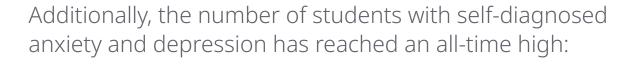
The news is not good. Globally, we're sitting at a critical point, in terms of students' mental health on campus.

A recent study found more than 60% of students surveyed met criteria for one or more mental health challenges, up nearly 50% from 2013 results<sup>1</sup>

According to a 2021 U.S. assessment,

the number of students reporting moderate or serious physiological

- stress reached 70%<sup>2</sup> • Globally, 76% of students in a 10-country survey say maintaining wellbeing is a top challenge<sup>3</sup>
- In Singapore, mental health issues pushed one student to extreme violence on campus<sup>4</sup>
- - 70%′



• In Europe, 70% of University Presidents say students' mental health is their top concern<sup>5</sup>

In Australia, 93% of international

- students stranded overseas during the health crisis experienced significant mental health issues<sup>6</sup>
- other Asian countries, a majority of the online students reported the health crisis had a negative impact on their mental health<sup>7</sup>

In Thailand, the Philippines, Vietnam and





## New proactive technologies can help

digitally transformed campus that prioritises students' mental health and educational success means business success.

It's time to think beyond traditional counselling services. A

 Students connect, communicate and collaborate

With the right strategy and solutions,

digital technologies can help:

environment where students feel heard. understood and are connected to campus life

Create a supportive and nurturing

- Proactively reach out to students to encourage participation and identify those struggling academically and personally
- · Provide broader awareness of, and access to, resources to address food and housing insecurity
- Help students feel safe on campus

to, emergencies on campus

Accelerate awareness of, and responses



To create a successful student-centred environment, digital technologies must be ubiquitous and

easy-to-use whether students are on-campus, remote or some combination thereof.

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Source

can help students and institutions thrive.

Learn how <u>Alcatel-Lucent Enterprise solutions</u>

- 1 Trends in college student mental health and help-seeking by race/ethnicity: Findings from the national healthy minds study, 2013–2021. 2 National College Health Assessment Reference Group Executive Summary, American College Health Association, Fall 2021. 3 Connected Student Report. Salesforce, June 2021.
- 4 A year after alleged murder in school, RVHS community has moved forward: MOE. TNP, July 2022. 5 <u>How universities can support student mental health and wellbeing.</u> The European Sting and the World Economic Forum, March 2022. 6 Australia: 93% of stranded students have mental health issues. The PIE News, May 2021.

7 International study: how badly has COVID-19 affected people's mental health? YouGov Australia, 2021 data.