

A student-centred approach to mental wellness

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 results¹

60%↑

- According to a 2021 U.S. assessment, the number of students reporting moderate or serious physiological stress reached 70%²

70%↑

- Globally, 76% of students in a 10-country survey say maintaining wellbeing is a top challenge³

76%

- In Singapore, mental health issues pushed one student to extreme violence on campus⁴



Additionally, the number of students with self-diagnosed anxiety and depression has reached an all-time high:

- In Europe, 70% of University Presidents say students' mental health is their top concern⁵

70%

- In Australia, 93% of international students stranded overseas during the health crisis experienced significant mental health issues⁶

93%

- In Thailand, the Philippines, Vietnam and other Asian countries, a majority of the online students reported the health crisis had a negative impact on their mental health⁷



New proactive technologies can help

It's time to think beyond traditional counselling services. A digitally transformed campus that prioritises students' mental health and educational success means business success.

With the right strategy and solutions, digital technologies can help:

- Students connect, communicate and collaborate
- Create a supportive and nurturing environment where students feel heard, understood and are connected to campus life
- 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
- Accelerate awareness of, and responses to, emergencies on campus



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.

Learn how [Alcatel-Lucent Enterprise solutions](#) can help students and institutions thrive.

Source

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 [How universities can support student mental health and wellbeing](#), 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.