



Learning About Online Mental Health Tools

Online mental health tools may alleviate strain on campus counseling centers by connecting more students to the support they need.

Consider platforms that offer your students...



1. Telepsychology

Therapist-assisted platforms connect students to therapists through voice, video, or text-based communication



2. Skillbuilding

This type of platform helps students work on key skills like resilience and anxiety management at their own pace



3. Peer Support

Text- or app-based platforms connect students to peers and trained volunteers for 24-hour informal support

Benefits

- Serves online and distance students
- Side-steps stigma around seeking mental health

Considerations

- Can be expensive
- There are some privacy concerns
- Laws around therapist licensure can be a barrier

Example Platforms

Therapy Assisted Online (TAO)

- Developed with college students in mind
- Supplements short phone or video calls with educational modules
- Baylor, the University of North Texas, and Texas A&M use this platform

Talkspace

- Text-based communication with personal therapist
- Students can expect 1-2 responses per day
- Alpha Tau Omega fraternity offers this service to their chapter members

Benefits

- Helps students proactively develop strategies for identifying and managing their mental health issues

Considerations

- Can be expensive
- Some platforms are more limited in scope than others

Example Platforms

Learn to Live

- Offers 8 lessons, each with a mix of video instruction, interactive activities, and offline practice
- Gustavus Adolphus College is using this platform

SilverCloud

- Offers over 30 programs that can be assembled into a custom platform
- Programs are evidence-based and validated
- Colorado University Boulder offer this service to their students

Benefits

- Offers immediate access to a supportive network
- Helps overcome stigmas around discussing mental health
- There are many free options

Considerations

- Due to the anonymous nature, students in crisis can't always be connected to emergency services

Example Platforms

TalkLife

- Free app connects students to peers via chatrooms
- Trained volunteers and a professional safety team engage with users and keep the space safe

7 Cups

- Free text-based service
- Connects students to trained volunteer listeners 24/7 to ensure no one feels alone
- Moderated group chats are also available