

# Mental Health Resource Landscape in Higher Education Institutions across Texas



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Scan the QR code to view a list of National and Texas-specific mental health resources.



## Organization

Young Invincibles is a mission-driven organization dedicated to amplifying the voices of young adults (ages 18 - 34) in the political process and expanding economic opportunities for the next generation. Key issue areas include health care, higher education, and economic security.

## Data Challenge

This particular project focused on mental health access for students in post-secondary institutions across Texas. Mental health services are understaffed leaving students with long wait times. Students struggling with their mental health are nearly twice as likely to stopping out of school.

YI wants to create a task force to address these concerns with innovative mental health services offered on campus.

## Project Focus

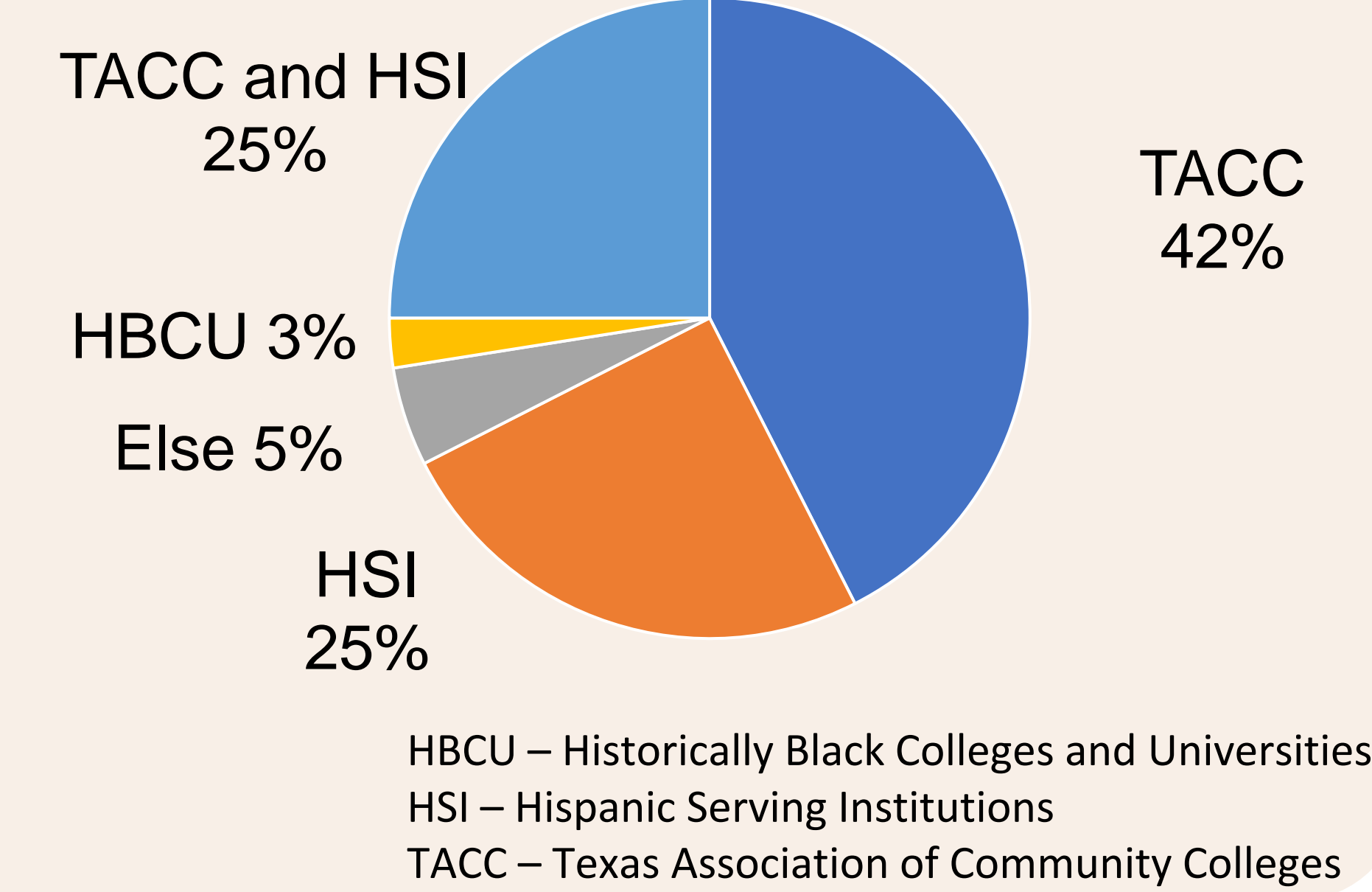
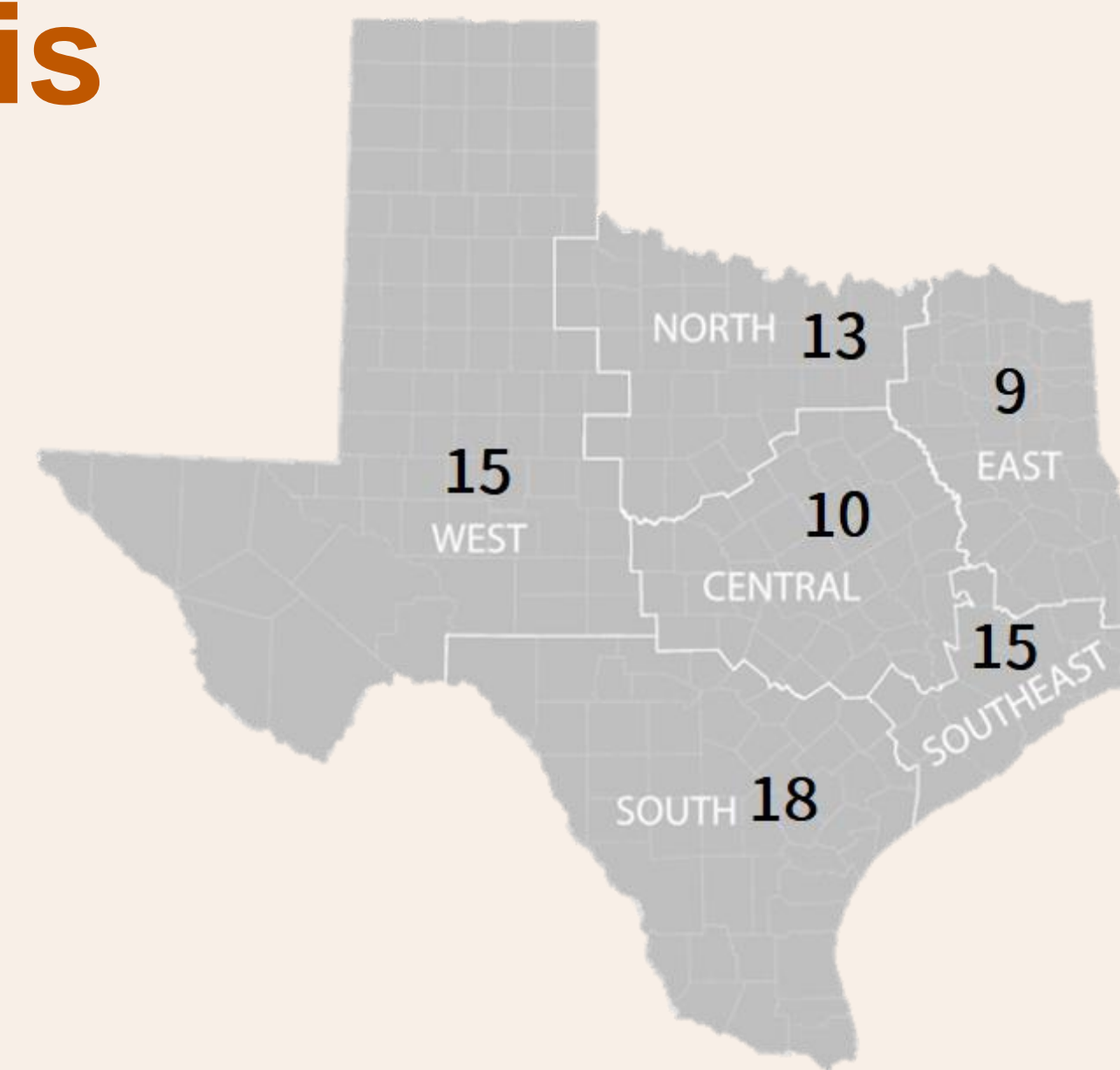
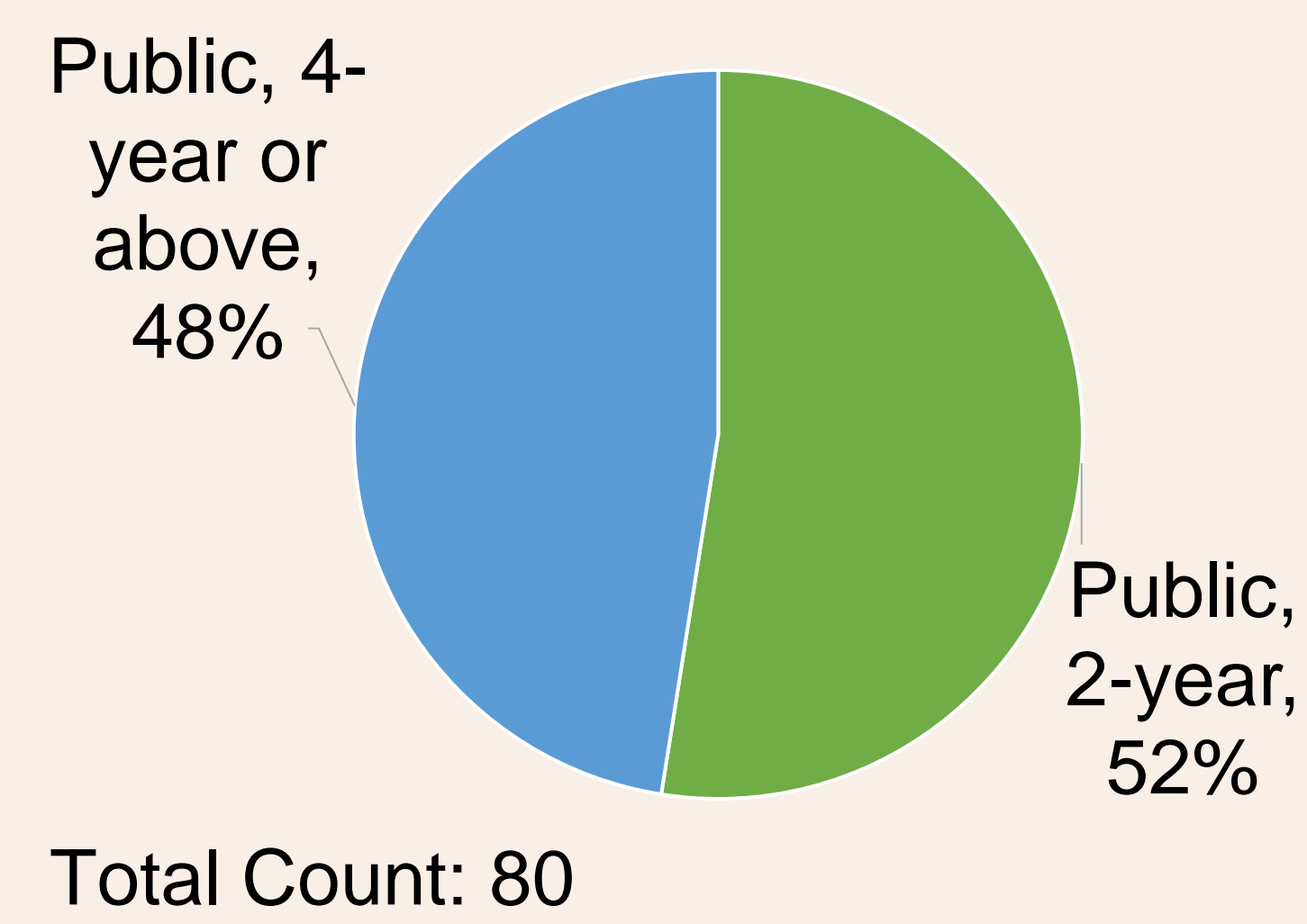
The project focus was two-fold:

1. To better understand the mental health resource landscape of college campuses across Texas
2. The identify institutions for YI to include in its upcoming listening tours.

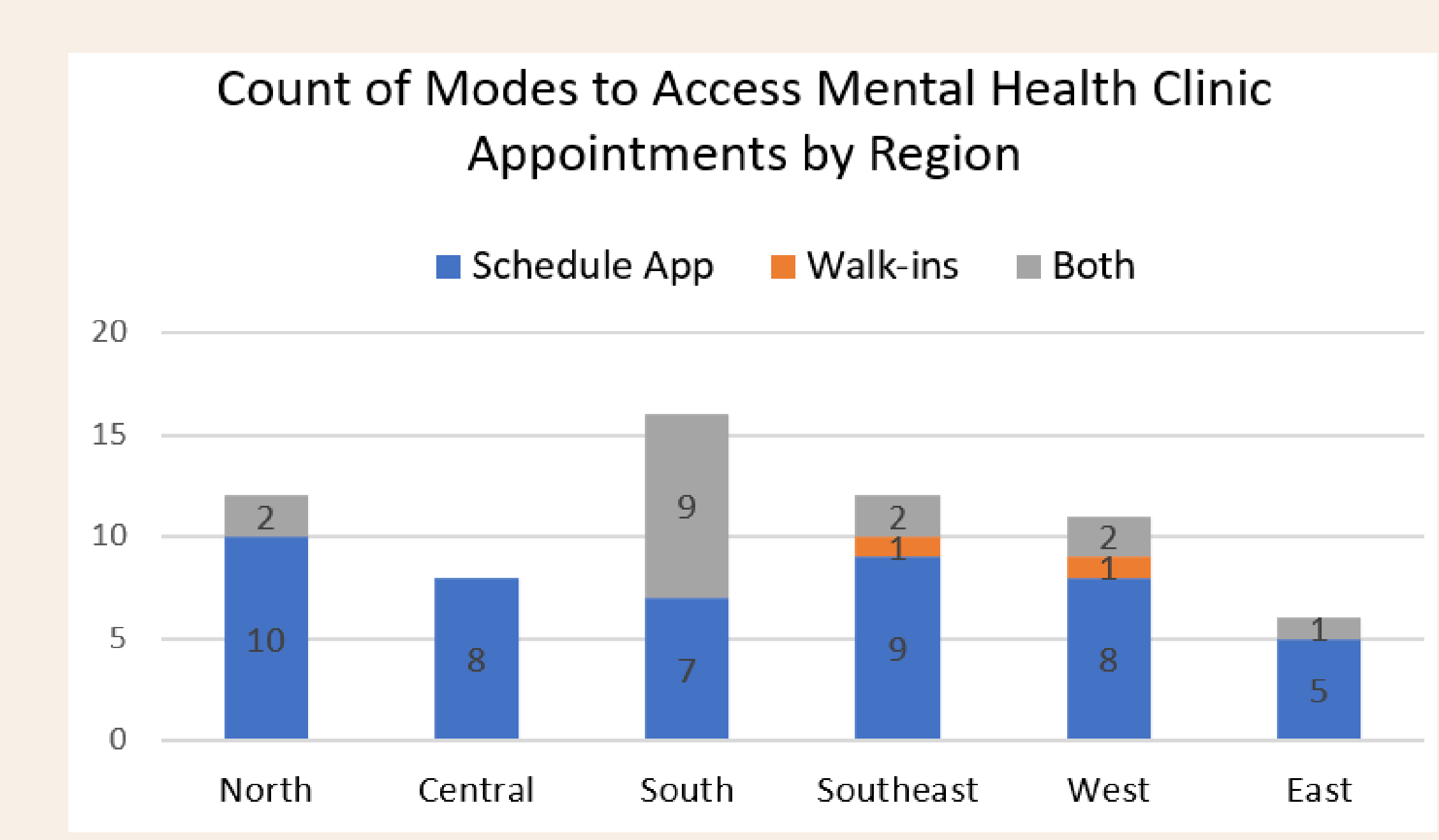
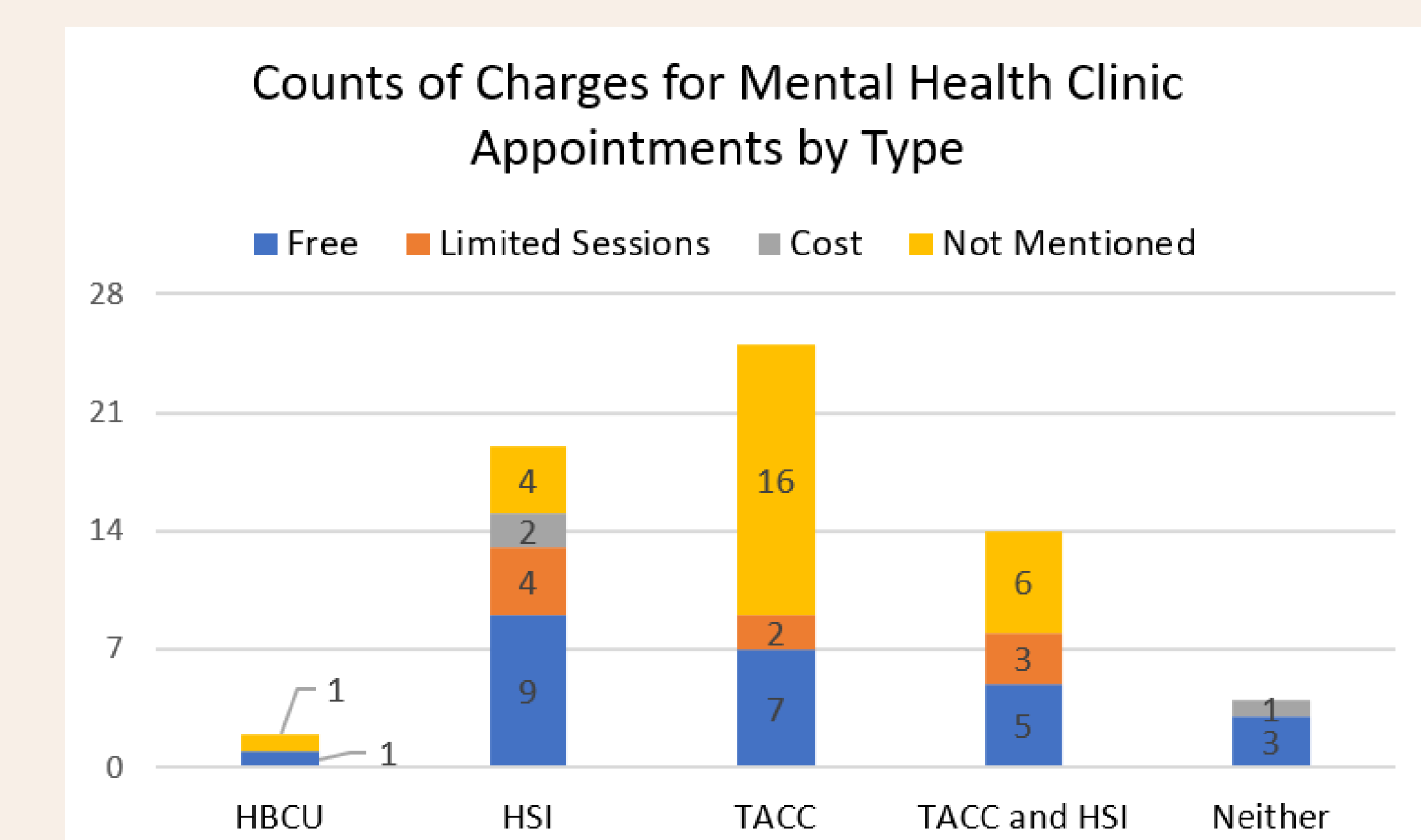
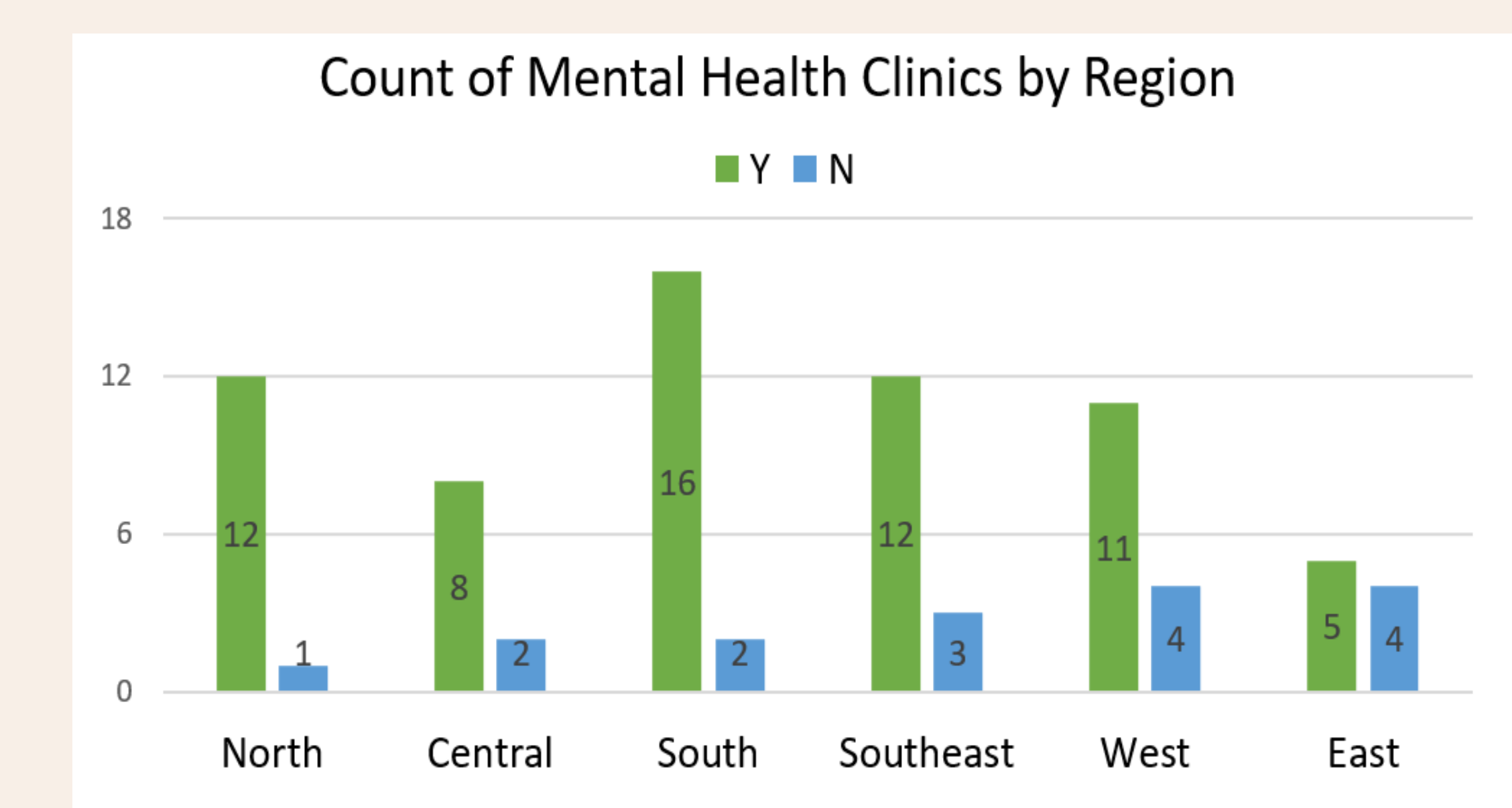
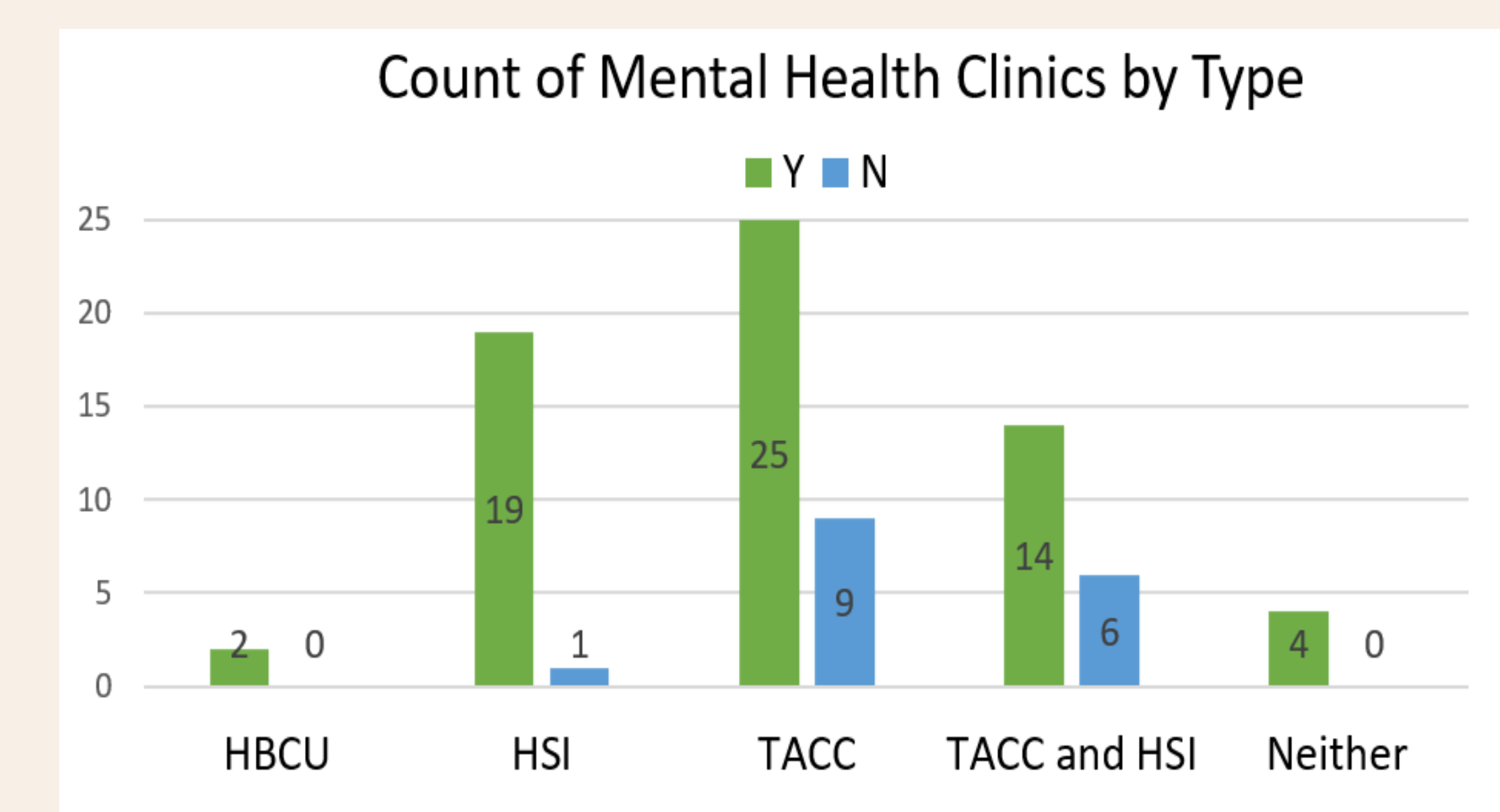
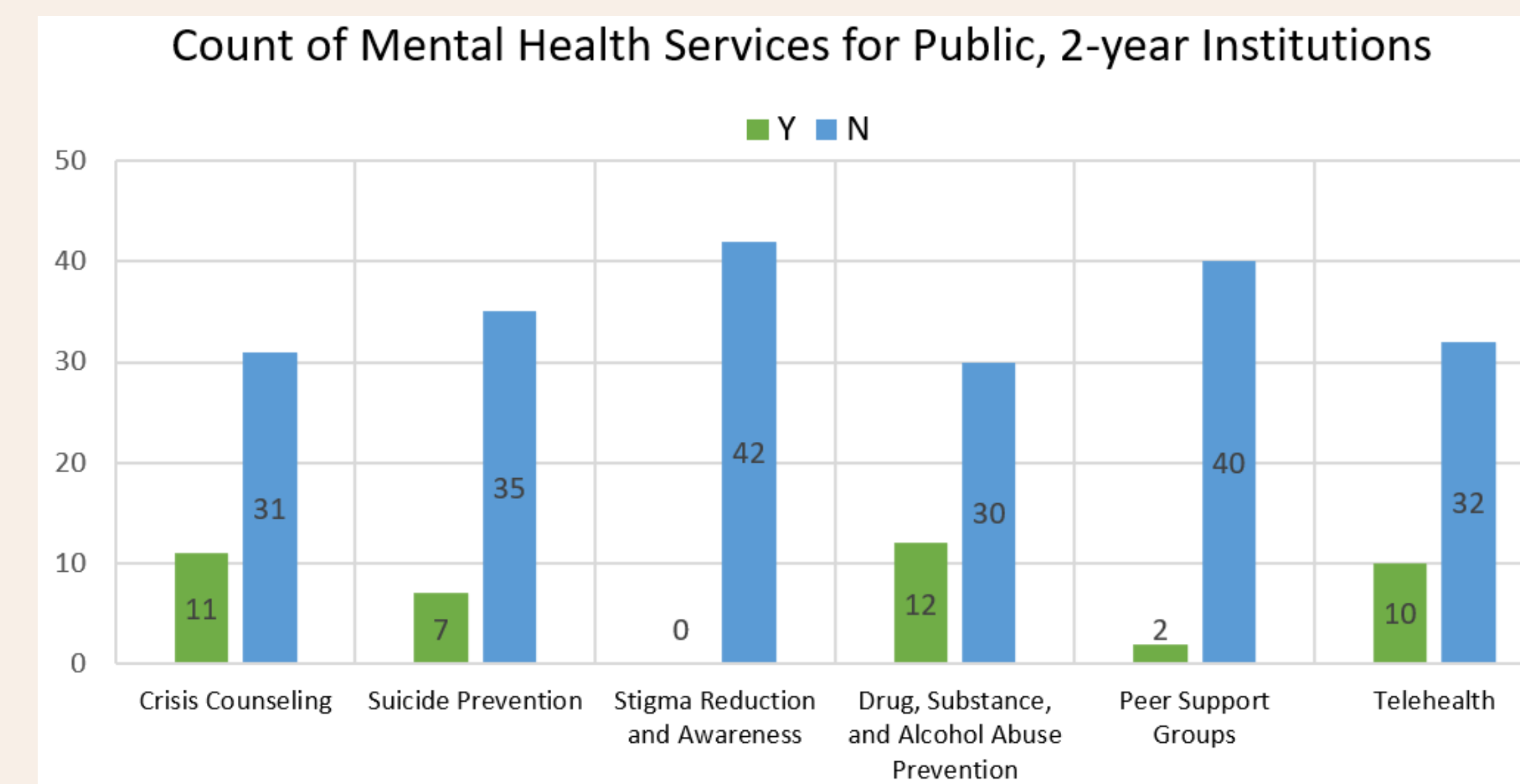
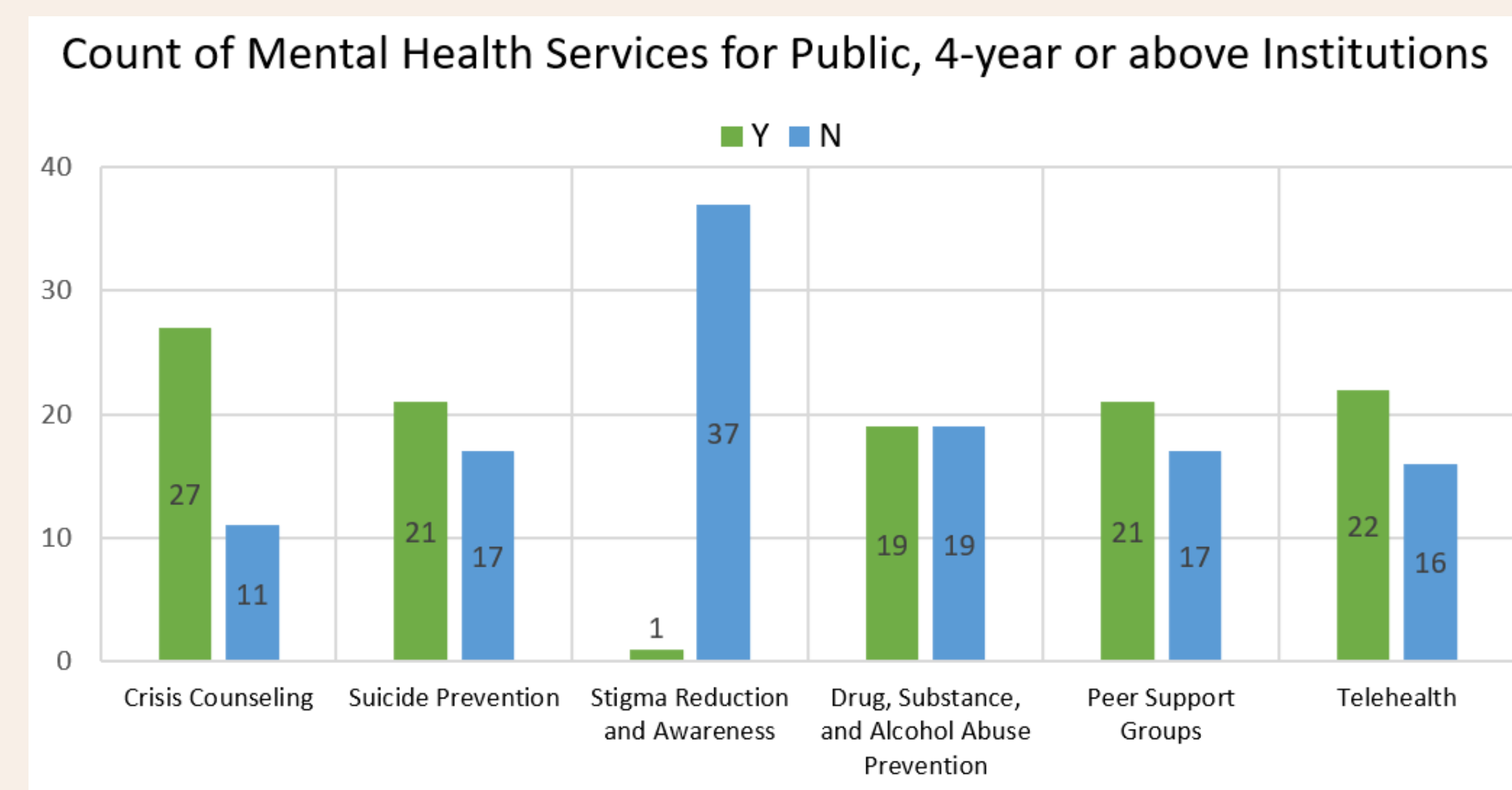
## Methods

- **Stage 1: Identify data sources.** YI expressed interest in public, 2-year colleges, so I referred to the institutions in the Texas Association of Community Colleges. We also focused on HBCUs and HSIs and some other public, 4-year institutions to complete the scope of this report.
- **Stage 2: Data collection.** I discerned the relative web pages communicating mental health resources offered to students and surveyed all the web pages with their own customized structure to scale data collection in an efficient manner.
- **Stage 3: Data analysis.** I analyzed the data in detail and provided a detailed report of the distribution of resources and recommendations for YI to conduct upcoming listening groups.

## Explanatory Analysis



## Figures



## Conclusion

Key findings from this project included:

- Institutions located in Southeast, West, and East Texas have fewer resources than those North, Central and South Texas.
- Public, 4-year institutions are more likely to have their own self-operated, mental health clinic compared to public, 2-year institutions.
- On average, public, 4-year institutions, offered more services than public, 2-year institutions. Crisis counseling was the most common service offered across all public, 4-year institutions examined.
- 32.5% of institutions examined explicitly state (via their websites) that their mental health services are free for students.
- Most institutions' mental health service website contain contact information for campus police, 911, national suicide prevention line, Ulifeline, The Trevor Project, veteran crisis line, and Texas 2-1-1.

## Where would you like to see more resources?

- Crisis Counseling
- Suicide Prevention
- Stigma Reduction and Awareness
- Drug, Substance, and Alcohol Abuse Prevention
- Peer Support Groups
- Telehealth

## Acknowledgements

Thank you to Young Invincibles, the RGK Center's CONNECT Program, Texas Association of Community Colleges and all the other institutions for making this project possible