

UNC System Mental Health Resources

UNC System Initiatives to Enhance Mental Health Resources

- Telebehavioral Health
 - In spring 2020 the UNC System awarded the Emergency Student Health Mini Grants to strengthen existing student health resources and/or to implement new initiatives that would enhance or strengthen services to students as a result of the COVID-19 pandemic. With the support of the [ECMC foundation](#), a national foundation working to improve postsecondary outcomes for students from underserved backgrounds, the UNC System was able to award \$78,159 to 11 universities. These funds were used to purchase equipment, Zoom telehealth licenses, subscriptions for online platforms, and trainings to support staff development in providing teletherapy services.
- ProtoCall
 - A system wide contract to provide 24-hour counseling services for students. Every constituent institution has access to licensed mental health support, including after-hours when campus counseling centers are closed.
 - This service provides additional resources for all the Counseling Centers. On-call counselors at the UNC System institutions will have backup support to help handle after-hour call volume, and the counseling centers will be able to provide staff with much needed downtime for recuperation and training.
 - <https://www.northcarolina.edu/news/new-system-wide-service-ensures-students-have-round-the-clock-access-to-mental-health-support/>

Wrap Around Institutional Services

Counseling Centers

- Telebehavioral Health
 - In spring 2020 all 16 universities were able to launch telebehavioral services to students and have continued to provide these services for the 2020-21 academic year. Many universities have reported high patient satisfaction levels with the teletherapy sessions and students appreciate the flexibility of this service. Additionally, patients have reported that they also appreciate the increased privacy of teletherapy services as opposed to visiting a Counseling Center, where they could encounter a classmate or faculty member.
- ProtoCall
 - By March 2021, all institutions will be fully integrated with the ProtoCall service. Each institution is working with ProtoCall to customize their services and platform.

- <https://www.northcarolina.edu/news/new-system-wide-service-ensures-students-have-round-the-clock-access-to-mental-health-support/>

Wellness and Campus Recreation

- Despite indoor capacity restrictions, Wellness and Campus Recreation teams have been innovative in their delivery of services. From providing Zoom fitness classes, to creating outdoor training centers, they have been actively providing programs to assist students in achieving their health and wellness goals.
- NCSU Wellness and Recreation: <https://wellrec.dasa.ncsu.edu/coronavirus/>

Student Health Centers

- In fall 2020 Student Health Centers extended their hours to provide services on the weekends for the treatment and testing of COVID-19.

Deans of Students Office

- Developing cocurricular programs and services to support students as they navigate the pandemic. Examples include hosting virtual programs focused on mindfulness and stress/anxiety reduction, to administering emergency aid grants to students that have been financially impacted by the pandemic.

Case Management

- Case Management provides one-on-one support, including interventions, advocacy, referrals, and follow up for students who are experiencing difficulties related to mental health, physical health, personal and family emergencies, financial issues, and/or other areas of concern.

Recovery Programs

- The UNC System is awarded a block grant of \$750,000 from the NC Department of Health and Human Services to support Collegiate Recovery Communities (CRCs) on our campuses.
- We currently have CRCs on 11 campuses: APP, ECSU, ECU, FSU, NCA&T, NCCU, NCSU, UNCC, UNC-CH, UNCG, and UNCW
- UNC Charlotte Collegiate Recovery Community: <https://wellness.uncc.edu/recovery>

Examples of Programs at Institutions

Elizabeth City State University: [*TAO Connect*](#)

A digital platform designed to assist students with anxiety, depression, stress, substance abuse, relationship problems, and resiliency.

UNC Greensboro: [*Culture of Care Initiative*](#)

A multi-tiered approach in supporting students as they navigate the COVID-19 pandemic, the pandemic of racism and the nation's current culture wars, while also working to pursue their academic goals. UNCG has developed a variety of resources to help staff and faculty members identify what students may be experiencing, ways to support students, and ways to engage in self-care along the way.

UNC Pembroke & Winston-Salem State University: [Mental Health First Aid Training](#)

Training for faculty, staff, and students to learn risk factors and warnings signs for mental health and addiction concerns, strategies for how to help someone in a crisis, and where to turn for help. Mental Health First Aid is a course that teaches individuals how to identify, understand, and respond to signs of mental illnesses and substance use disorders. The training gives individuals the skills needed to reach out and provide initial help and support to someone who may be developing a mental health or substance use problem or experiencing a crisis.

- More than 250 students at The University of North Carolina at Pembroke will become certified as national Mental Health First Aid trainer: <https://www.uncp.edu/news/uncp-students-receive-mental-health-first-aid-training>
- Mental Health First Aid Training at WSSU: <https://www.wssu.edu/about/news/articles/2020/07/wssu-receives-grant-funding-for-behavioral-health-support.html>

East Carolina University & UNC School of the Arts: [Grief and Loss Counseling Training](#)

Increase awareness about the impact of grief and loss on the campus community and improve skills in offering non-clinical support to students in need.

UNC School of the Arts: [Big White Wall](#)

UNCSA received a grant from UNC System Office for \$7,500 to be used for implementation of a new engagement resource for emotional well-being, Big White Wall (BWW). BWW provides a platform where students can connect with additional resources to support their mental health virtually.

Western Carolina University: [CAPS: Let's Talk](#)

WCU's Counseling and Psychological Services has developed resources to assist faculty in supporting students during the COVID-19 pandemic. Link to a video presentation on how faculty can support students during the pandemic:

<https://www.youtube.com/watch?v=RoVAgldgePw&feature=youtu.be>

WCU is also providing resources to assist students in managing stress and anxiety about the coronavirus: <https://www.wcu.edu/experience/health-and-wellness/caps/stress-anxiety-coronavirus.aspx>, plus a number of self-help videos: <https://www.wcu.edu/experience/health-and-wellness/caps/self-help.aspx>

UNC System Counseling Centers

Appalachian State University: <https://counseling.appstate.edu/>

East Carolina University: <https://counselingcenter.ecu.edu/>

Elizabeth City State University: <https://www.ecsu.edu/current-students/student-affairs/counseling-services/index.html>

Fayetteville State University: <https://www.uncfsu.edu/faculty-and-staff/divisions-departments-and-offices/division-of-student-affairs/center-for-personal-development/counseling-services>

North Carolina A&T State University: <https://www.ncat.edu/campus-life/student-affairs/departments/counseling-services/index.php>

North Carolina Central University: <https://www.nccu.edu/life-nc-central/health-and-well-being/counseling-center>

North Carolina State University: <https://counseling.dasa.ncsu.edu/>

UNC Asheville: <https://www.unca.edu/life/health-counseling/>

UNC Chapel Hill: <https://caps.unc.edu/>

UNC Charlotte: <https://caps.uncc.edu/>

UNC Greensboro: <https://shs.uncg.edu/cc>

UNC Pembroke: <https://www.uncp.edu/campus-life/counseling-and-psychological-services>

UNC School of the Arts: <https://www.uncsa.edu/mysa/current-students/health-wellness/counseling-center/index.aspx>

UNC Wilmington: <https://uncw.edu/counseling/>

Western Carolina University: <https://www.wcu.edu/experience/health-and-wellness/caps/index.aspx>

Winston-Salem State University: <https://www.wssu.edu/student-life/university-wellness-center/counseling-services/index.html>

North Carolina School of Science and Mathematics: <https://counseling.ncssm.edu/>