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More Schools Addressing Demand for Mental Health Services with Innovative Tech Solution Focused on Overall Wellness

YOU at College well-being portal now accessible to 200,000 students at 22 campuses

DENVER, March 5, 2019 – Faced with a dramatic increase in demand for campus mental health services, more colleges and universities are addressing student well-being as a way to improve student life and stave off problems *before* they become critical crises. Adopted by 22 campuses, the YOU at College portal is becoming a key component of this effort and is now accessible to more than 200,000 students, scaling to all types of institutions and student needs.

“Like so many schools across the country, we’ve wrestled with an increased student need for mental health services,” said Dan Bureau, associate vice president for student success at the [University of Memphis](#). “In just its first three months, more than 1,060 students, faculty and staff took advantage of the resources available on [YOU at Memphis](#). We believe this platform will be a factor in helping our students be successful and realize their academic, career, and psychosocial goals.”

In addition to the University of Memphis, the latest school partners to adopt the YOU portal include Coastal Carolina University, Connecticut College, Loyola Marymount University, Framingham State University, Thaddeus Stevens College of Technology, South Dakota State University, Colorado Mountain College, Chadron State College, Williamson College of the Trades and Centenary University. This diverse range of institutions illustrates the scalable nature of the platform, including trade schools, community colleges, public, and private institutions.

According to the [Center for Collegiate Mental Health](#), national college counseling utilization rates have climbed five times faster than student enrollment in the past decade. Suicide is now the second-leading cause of death on college campuses, making the ability to reach students *before* a crisis occurs more urgent than ever.



Developed by [Grit Digital Health](#) in 2015, YOU at College is a comprehensive well-being web portal that promotes student health and success. The portal is customized for each individual campus and personalized to the specific needs of each student. With foundations in suicide prevention, YOU at College proactively focuses on three critical areas of student life: academics, physical/mental health and purpose/connection. Students create a confidential profile and are then delivered proprietary content and information on available campus resources that help them navigate the college experience according to their individual needs.

“School counseling centers can’t keep up with the demand for services and are searching for innovative, cost-effective ways to support mental well-being on campus. YOU at College is a student-centric approach that supports school efforts to ensure all students have access to appropriate resources to succeed on campus,” said Nathaan Demers, Psy.D., VP and director of clinical programs at YOU at College.

Surveys of students using the YOU portal show that 98 percent of first-year users learned a new skill or resource to help them succeed. In addition, 76 percent of students reported improved stress management and 87 percent reported learning of campus resources they had previously not utilized.

About YOU at College

YOU at College is a student-centric digital platform that connects students to the right resources at the right time to address the well-being challenges facing every campus. YOU helps students design their ultimate college experience by comprehensively addressing academics, physical and mental health and campus connections. YOU at College was developed by Grit Digital Health, LLC in partnership with higher education partners. For more information, visit youatcollege.com.

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