

# At-Risk Mental Health for Students

## STUDENT EDUCATION SIMULATION

An interactive role-play simulation for students that builds awareness, knowledge, and skills about mental health and suicide prevention, and prepares users to lead real-life conversations with fellow students in distress and connect them with support.



**TOPICS**

Mental health & wellness, suicide prevention



**USERS**

Students and student leaders



**SETTINGS**

Universities and colleges



**DURATION**

**40**  
minutes

Widely adopted by more than 350 universities and colleges nationally, this evidence-based online solution cost-effectively drives sustainable changes in behaviors that support academic performance, student retention, and campus safety.

## BUILD REAL-LIFE SKILLS ON A VIRTUAL CAMPUS

Assume the role of a student and learn about mental health by interacting with four virtual students and talk with one virtual student in distress. Try different approaches to see what works best.



Learn more at [kognito.com](https://kognito.com)

# Harnessing the power of conversation to improve student wellness, academic performance, and campus safety.

Students are subject to a variety of stressful experiences including increased academic pressures and responsibilities. National studies show that 30% of all college students report feeling so depressed it's difficult for them to function and 7% indicate they seriously considered suicide in the previous 12 months.

## LEARNING OBJECTIVES

- Recognize and identify the signs of psychological distress in self and peers
- Utilize effective communication techniques to talk with a peer who shows signs of distress
- Understand, refer, and utilize available support services
- Use strategies to increase resiliency and practice self-reflection

## FEATURES

- Fully-hosted solution deployed to users in less than one week
- Technical assistance and outreach templates to drive adoption
- Usage reports and customizable online surveys to support program evaluation
- Customizable list of local and campus-specific mental health resources
- Discussion guides to support blended delivery with in-person workshops

## RESEARCH PROVEN

The simulation is listed in SAMHSA's National Registry of Evidence-based Programs and Practices (NREPP). Studies show that it results in (1) statistically significant increases in mental health skills that remain significant at a 3-month follow-up point, and (2) statistically significant increases in the number of peers that students connect with, discuss concerns, and if necessary, refer to support.

## HOW TO BUY

Organizations can purchase yearly subscriptions to the simulation that include hosting, technical assistance, program evaluation, and usage reports. For details, contact [sales@kognito.com](mailto:sales@kognito.com) or **212.675.9234**. To purchase 1–50 individual licenses, please go to [store.kognito.com](https://store.kognito.com).