

# At-Risk Mental Health for Students

**At-Risk Mental Health for Students** is 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.

## Learning Objectives

- ✓ Recognize and identify the signs of distress in self and peers
- ✓ Utilize effective communication techniques to support a peer who shows signs of distress
- ✓ Understand support options
- ✓ Effectively refer to additional support
- ✓ Practice self-reflection and apply strategies to increase resiliency



Learners interact with Virtual Humans through interactive conversations



### Market

Higher Ed and Government/Non-Profit



### Audience

Student



### Topic

Mental Health & Well-being and Suicide Prevention



### Duration

40 Minutes



## Overview

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.



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.

*At-Risk Mental Health for Students* is an interactive learning experience that equips students with the skills to support their emotional health and that of their peers. The product introduces positive coping strategies and prepares students to recognize signs of distress, effectively reflect and communicate their concerns, and take action to find additional support. Users have access to customized national, local, and school-specific resources in addition to simulation content.

## 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



**The simulation is available online 24/7. Users are asked to complete pre-, post-, and 3-month follow up surveys to assess changes in skills, attitudes, and behavior. Upon completion, users receive a certificate of completion. Clients have access to usage reports and evaluation data via the Kognito client portal.**



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

Contact us at [info@kognito.com](mailto:info@kognito.com) or 212-675-9234