

## Mental Health Suite

A safe and supportive campus environment is critical. Kognito has developed experiential learning simulations for students, faculty and staff designed to build knowledge and skills around mental health and suicide prevention. The Mental Health Suite prepares the learner to lead real-life conversations that build resilience, a strong campus culture and strengthens relationships.

### Overview

These evidence-based online solutions cost-effectively drive sustainable changes in behaviors that support academic performance, student retention, and campus safety.

### Features

- ✓ Fully-hosted solutions 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 national mental health resources
- ✓ Discussion guides to support blended delivery with in-person workshops

Adopted by more than  
**350 colleges**  
and universities  
nationally



Learners engage with Virtual Humans through interactive conversations



### Market

Higher Education



### Users

Students, Faculty & Staff



### Topic

Mental Health & Well-being and Suicide Prevention



### Duration

For Students: 40 Minutes  
For Faculty: 20 Minutes

# Explore the Mental Health Suite Products

## At-Risk Mental Health for Students



An interactive role-play simulation for students that builds awareness, knowledge, and skills about mental health and suicide prevention.

### 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

**99%** of participants rated both programs as good, very good, or excellent.

## At-Risk Mental Health for Faculty & Staff



Faculty and staff are in an ideal position to engage in early intervention and prevention of mental health issues.

### Learning Objectives:

- ✓ Increase the knowledge and awareness about mental health and suicide
- ✓ Identify warning signs of psychological distress, including verbal, behavioral, and situational clues
- ✓ Lead conversations with students to discuss concerns, build resilience, and increase connectedness
- ✓ Assess the need for referral, motivate the student to seek help, and make a warm hand-off to support
- ✓ Understand the school's specific process for student referral and counseling services



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