How Do the Mental Health Services Offered by USU Pre-COVID19 Compare to the Present?

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How Do Mental Health Services Offered by USU Pre-COVID-19 Compare to the Present?

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I. Introduction

COVID-19 has taken a toll on everyone's mental health. From being required to stay inside to having to limit social interaction, people may be feeling stressed and isolated.

The goal of this project was to find out how Utah State University has been addressing these concerns.

Ultimately, did Utah State University change the kind or amount of services offered and did student and faculty notice any changes?

II. Methods

- Content analysis of USU websites
- Qualtrics survey of students
- Faculty interview

III. Results

Student Survey
- Noticed that USU has been posting more
- Made students more aware of the services offered by USU.

Faculty Interview
- Increase in the number of students that were noticing or asking for services offered by USU.
- Increase in trying to make faculty aware of the services

Content Analysis of Websites
- Not easily accessed
- No direct links to services on USU Websites
- Information was buried within the Student Wellness page

IV. Conclusions

- USU increased its mental health services in 2019 fortuitously, certainly not anticipating the pandemic. Although actual services have not increased, communication about those services and an awareness of them have increased according to participants.