

On Track with WellTrack

Supporting Student Mental Health



WellTrack
Interactive Self-Help Therapy



Urgent Need

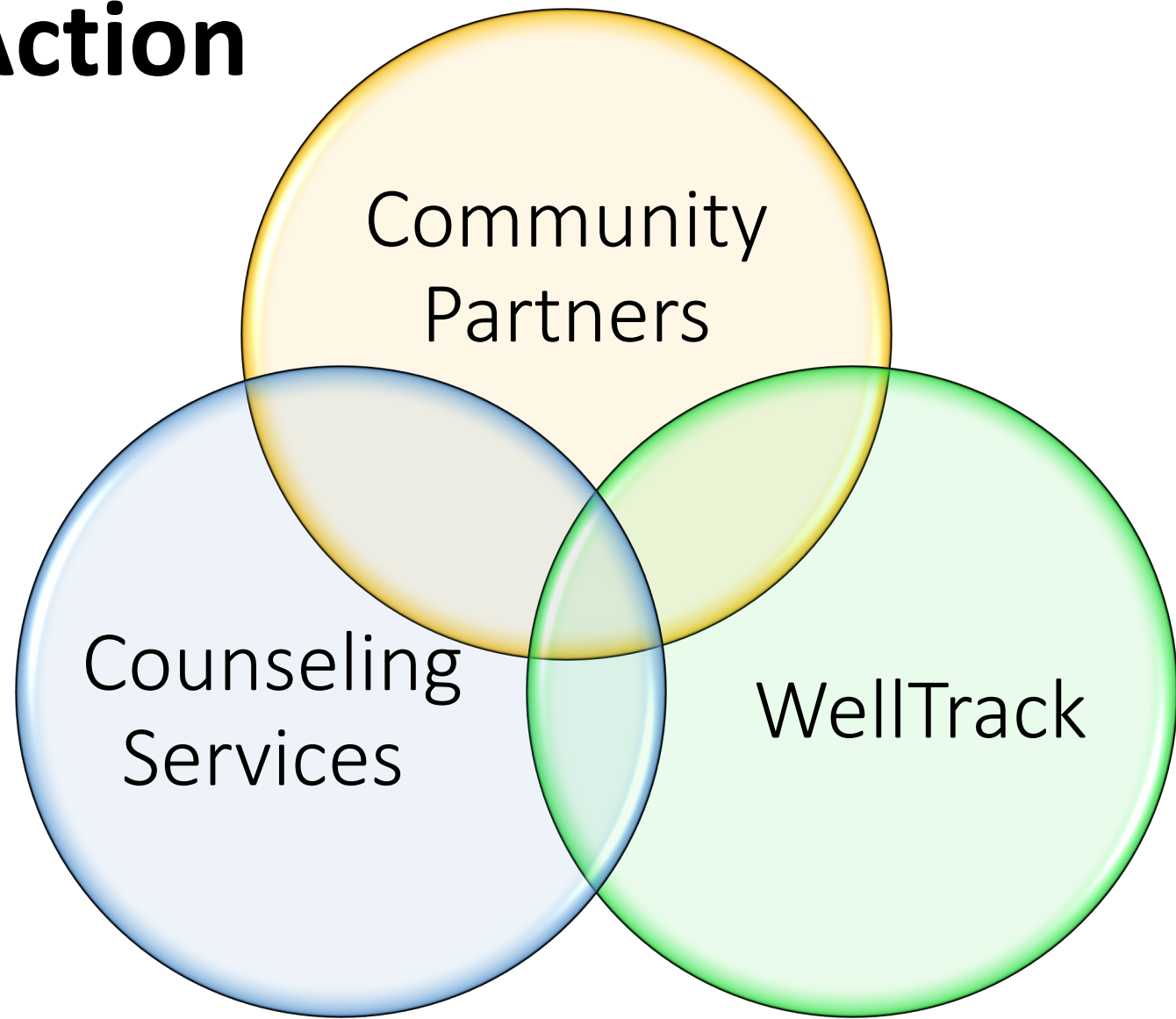
- 65% of students reported the pandemic has created mental health challenges
- 61% said the pandemic has hurt their ability to focus and remain motivated
- 60% indicated the pandemic has contributed to a sense of loneliness and isolation
- 59% said the pandemic has negatively impacted their academic experience

Center for Collegiate Mental Health at Penn State; reported in Inside Higher Ed on 2.3.21

Mental Health Early Action on Campus

House Bill 2152

- Continued expansion of community partnerships
- Integration of services
- Normalization of using support
- Mental health first-aid training





Interactive Self-Help Therapy

Join the community of over 1,000,000 students who have access to WellTrack.

Download the WellTrack mobile app and register to access all of these features on your smartphone.



Deal with stress, anxiety and depression



Monitor your mood



Assess your mental health

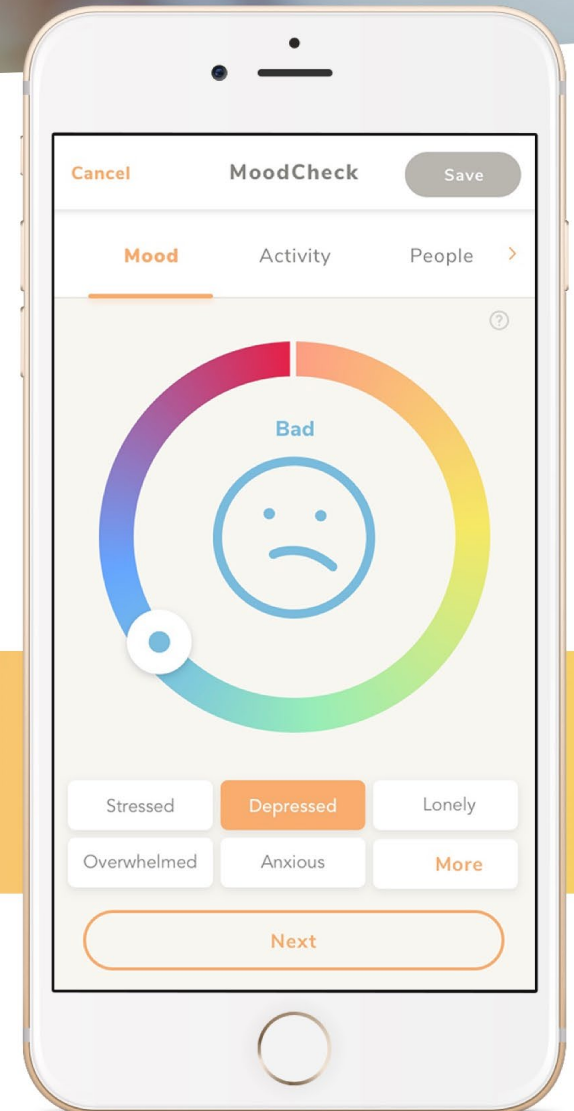


Connect with campus resources

Download the WellTrack app and register with your **Harper account** for full access



hello@welltrack.com



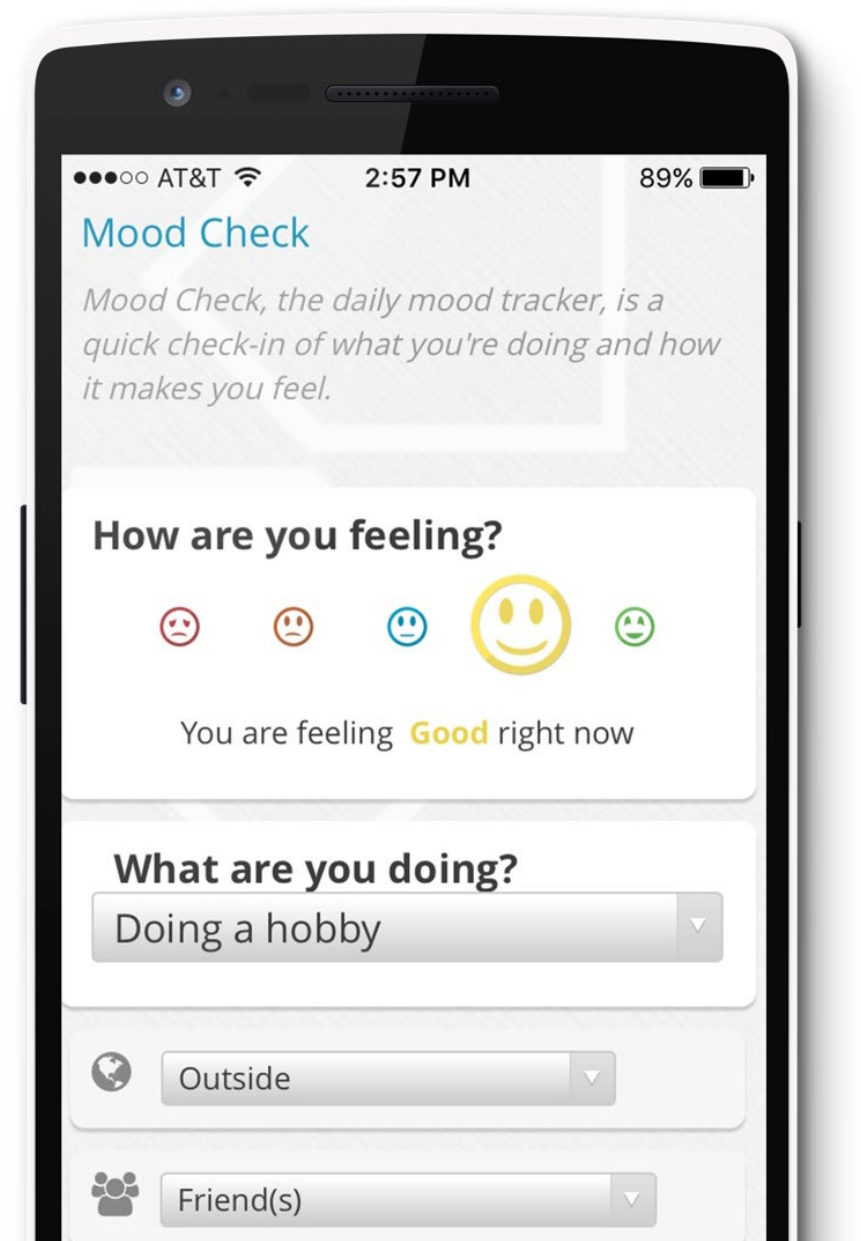
Quick Video Demo



Utilization Thus Far

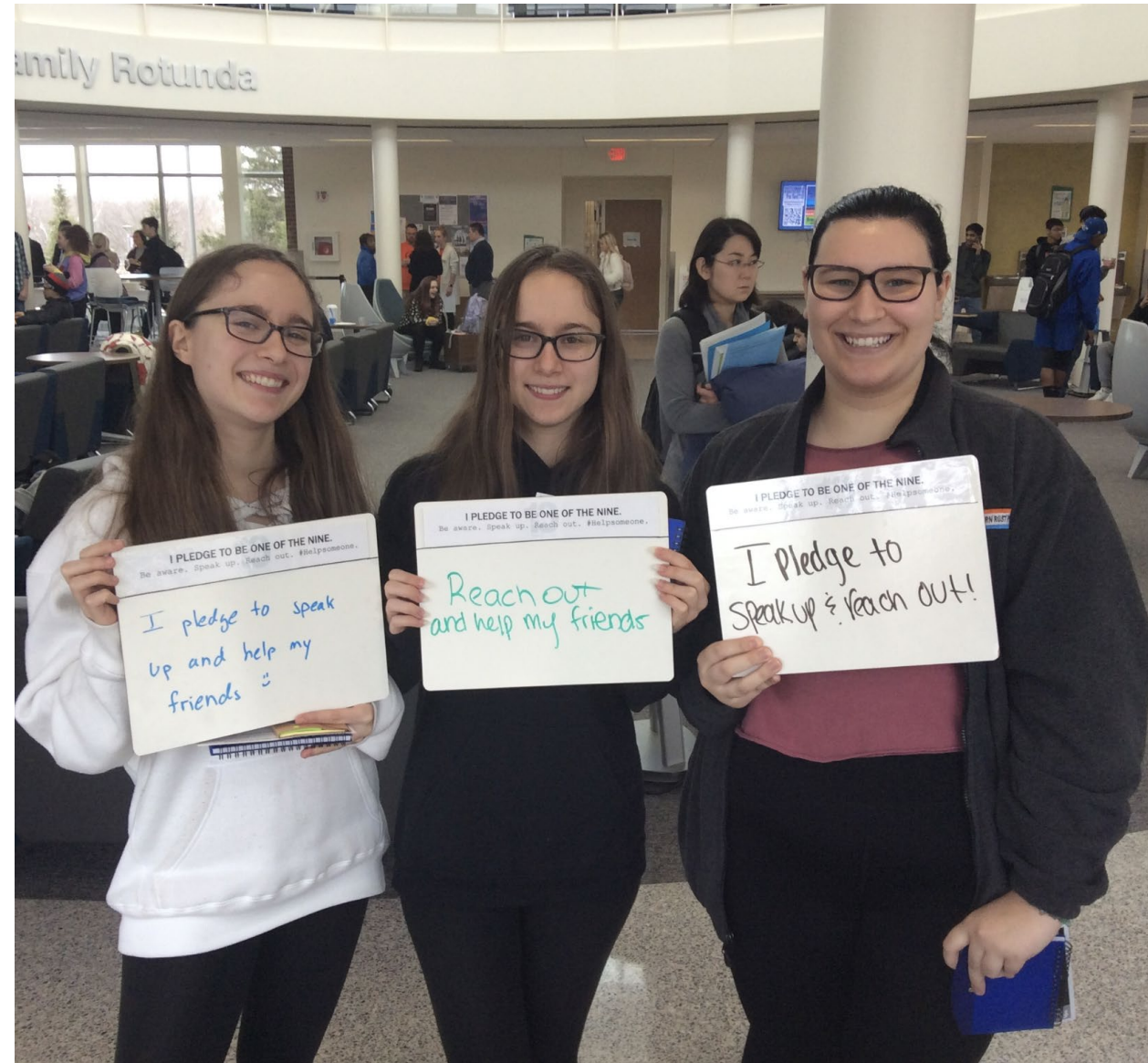
428 sessions

- “Mood Check”: 174
- Stress, Anxiety & Depression ‘mini courses’: 43
- Assessments taken: 39



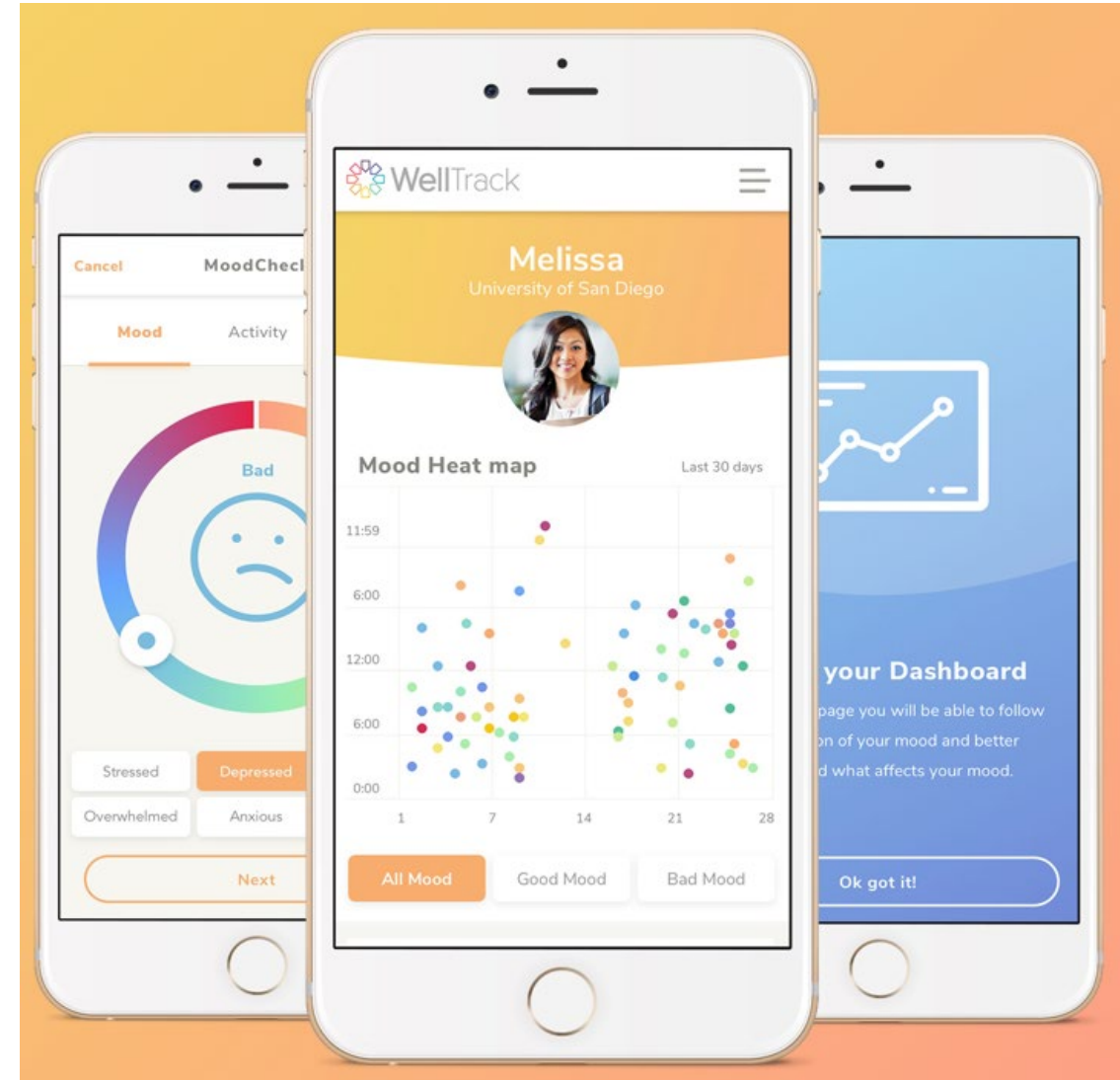
Student Feedback

"...I started using this back when it was introduced...I have found it to be actually part of my daily routine. I'll check in maybe twice a day and I love the circular mood tracker with the smiley face! It was also very reassuring to take the assessment.... see that I am actually experiencing high levels of stress, anxiety, and depression."



Promotion & Education

- “Culture of Kindness” mental health first aid training
- Professional Development Day
- Fresh Check Day
- Hawks Care Advisory Team
- Academy for Teaching Excellence: Tech Expo
- High School Counselors





Thank You!