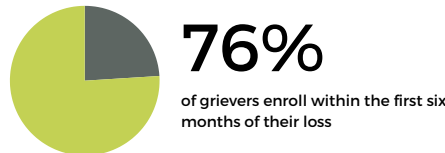
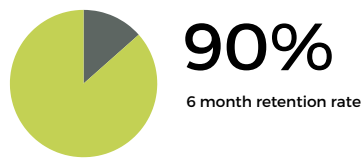


# Mental Health and Grief Support for Students

With 60% of college students experiencing mental health challenges and 30-55% of undergraduates recently bereaved, the campus mental health crisis demands innovative solutions. These challenges directly impact retention, academic performance, and student success, making comprehensive support essential for the long-term health of educational institutions.

## Expert support with Help Texts:

Help Texts delivers personalized, year-long mental health and grief support via text message –individualized based on specific challenges and losses. Texts are curated from the wisdom of over 100 world-leading experts, including therapists, social workers, psychologists, thanatologists, neuroscientists, and counselors. Text support is tailored to each student’s needs and helps to enhance academic outcomes and foster a resilient campus culture.



Investing in student well-being through mental health and grief support is not only a moral imperative—it's a strategic advantage in today's higher education landscape. By extending care beyond academic concerns, you demonstrate your institution's commitment to whole-student development, enhance academic outcomes, and foster a campus culture that supports students through their most vulnerable moments.

## How We Support Students:

### BOOST STUDENT SUCCESS

- Improve retention by addressing top withdrawal causes
- Provide support during critical vulnerability periods

### STRENGTHEN CAMPUS MENTAL HEALTH ECOSYSTEM

- Eliminate counseling center waitlists
- Offer 24/7 support between therapy sessions
- Reach students in 26 languages with culturally sensitive support

### ENHANCE YOUR REPUTATION FOR STUDENT WELLNESS

- Address needs of 30-55% of bereaved students
- Differentiate through innovative wellness leadership

### EXPAND REACH AND GAIN INSIGHTS

- Access real-time analytics to improve support initiatives
- Survey students with low-friction, text-based feedback tools

## A Wide Range of Support:

Help Texts provides comprehensive support for all of life's challenges and makes it possible to support the 60% of students facing mental health challenges.

- **HEALTH & WELL-BEING** support for depression, anxiety, breakups, bullying, financial stress, loneliness, thoughts of suicide, and more
- **GRIEF** support for loss of loved ones
- **PREGNANCY LOSS** support
- **PET LOSS** support for the often-overlooked grief of losing animal companions
- **CAREGIVER** support for students caring for a loved one with a serious illness

**Life can be hard.  
Getting support doesn't have to be.**

Want to learn more? Visit [helptexts.com/educational-institutions](https://helptexts.com/educational-institutions)