



FALL 2025

PROGRESS REPORT

Entering the Final Year

Saint Louis University is embarking on the final year of its JED Campus initiative in partnership with the Jed Foundation, a milestone in our work to enhance student mental health and well-being. This year, we will focus on strengthening the resources that have shown the most impact, collecting data to assess our progress, and identifying priorities for sustaining outcomes as we move toward earning JED Campus Alum status.

DEVELOP LIFE SKILLS

New - Fitness Programming: In the 24-25 academic year, we successfully hosted the 6-session "Fitness Workshop Series." This series was created to bridge the gap between mental and physical wellness (goal 2.3) and to help students understand how physical activity can assist in improving overall mental wellness and academic success. Each workshop focused on an area of physical health, such as nutrition, sleep, and supplements – a commonly utilized substance among our male-identifying students.

New - MIEA Mindfulness Training: The Mindfulness Institute for Emerging Adults (MIEA) mindfulness training teaches participants various breathing techniques, visualization, and mindfulness to reduce stress and quiet the mind. This course is included in the University core curriculum through Cura Personalis 2 (CP2) and students who enroll in the course receive credit towards one of their core requirements for graduation.

Ongoing - Alcohol and Other Drug Education Week: Each February SLU hosts Alcohol and Other Drug Education Week, raising awareness and providing education on student behaviors around substance use and misuse. This year's events included a resource fair, workshops on cannabis, supporting those with challenges around substance misuse, and a social norming program.

Ongoing - Campus Prevention Network (CPN) Seal of Prevention: Presented by Vector Solutions, the CPN Seal of Prevention recognizes higher education institutions that lead in digital prevention programming to promote student safety, well-being, and inclusion. Saint Louis University earned the 2024 seal by demonstrating its commitment to a safer, more inclusive campus through comprehensive, evidence-based education on sexual assault, alcohol misuse, mental health, and discrimination. We recently expanded our learning library to include mental well-being for faculty and staff, and hazing prevention for students.





PROMOTE SOCIAL CONNECTEDNESS

New/ongoing - University Counseling Center Groups: Participation in group offerings continues to increase. This past year we introduced groups addressing social-political tensions and supporting specific communities, such as fraternities and sororities, alongside ongoing offerings like the collegiate recovery community, men's support group, and Dinner with Friends You Haven't Met Yet for building connections and reducing social anxiety. The growing interest in group therapy highlights its value in supporting students and normalizing psychotherapy.



New - WellSPACE Locations and Improved Sacred Space Visibility: SLU created additional WellSPACE locations that provide students with a designated space for self-care while recognizing that the path to wellness may look different for each student. Spaces support holistic wellness through gardening, art, music, mindfulness, relaxation, and more. Additionally, we conducted an audit of the sacred spaces on our north, south, and law campuses, and have added photos and locations to our Campus Ministry website to ensure students are aware of these spaces.

Ongoing - Duo Dog Woody: After presenting Pawsitive Impact: Duo Dog Woody, the Facility Dog's Role in Promoting Campus Mental Health and Well-Being at two conferences, SLU received several inquiries from colleges across Missouri and the country who expressed interest in learning more about bringing a facility dog to their own campuses. In the Spring, we also launched our first social norming campaign using Duo Dog Woody as the healthy role model. The purpose of this campaign was to correct common misconceptions and risky behavior in areas like alcohol, cannabis, and tobacco. The Duo Dog Touch Therapy teams are also on campus six times each academic year - on wellness days, during midterms, and during final exams.





IDENTIFY STUDENTS AT RISK

Ongoing - Mental Health First Aid: At the end of the 2024-2025 Academic Year, SLU has trained over 1800 faculty, staff and students. In this academic year alone, we have trained more than 344 students. This is the most students that have been trained in an academic year since bringing MHFA to campus in 2019. Each of those students received credit for a required course called Cura Personalis 2. Additionally, staff members at our Madrid campus have received similar training to help them respond to mental health concerns.

1,809 Total Trained in the SLU Community

1,076 Students

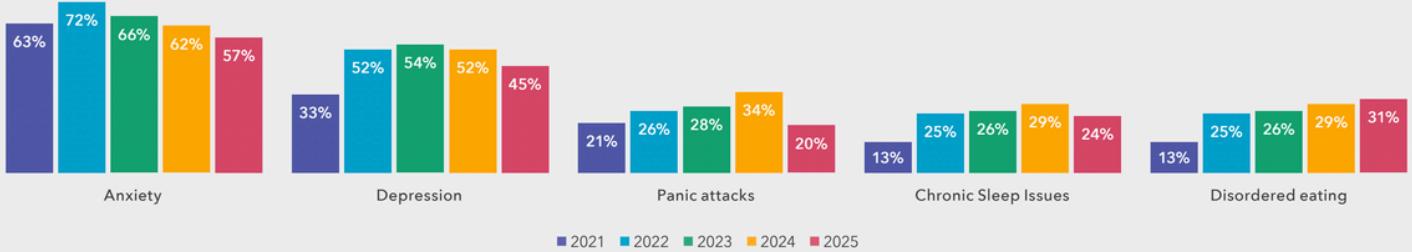
733 Faculty and Staff

Ongoing - Data Collection from the Missouri Assessment of College Health Behaviors

SLU students self-reported experiencing issues related to mental health in the past 12 months, the most common being anxiety (57%), depression (45%), disordered eating (31%), and chronic sleep issues (24%).* Students are also asked to report if their mental health concern had been diagnosed by a mental health or medical professional. Almost half (45%) of those who had experienced a mental health concern had not received a diagnosis, 36% reported being diagnosed with an anxiety disorder, and 31% reported being diagnosed with depression/major depression.* A 5-year trend for the top mental health concerns is shown in Chart 7.

*Question is select all that apply

Chart 7: Past Year Mental Health Concern Trend



INCREASE HELP-SEEKING BEHAVIOR

New - TimelyCare Virtual Therapy Partner: SLU officially launched our partnership with TimelyCare on July 1, 2025. Students can connect on their phone or other device and select from a wide-ranging menu of virtual care options from licensed counselors in all 50 states, including:

- Appointment-based mental health counseling
- Care navigation
- Peer support community
- Digital self-care content

The partnership with TimelyCare allows us to deliver a hybrid model of care in collaboration with on-campus resources. Benefits to students include: Convenient 24/7 care, reduced wait times, and a diverse provider network when they are away from campus.



New - Updated our hopeful messaging mirror clings for the residence halls, highlighting the 988 Suicide and Crisis Lifeline, and our safety and mental health resources on campus.



Ongoing - Wellness Days: At Saint Louis University, the well-being of students is at the heart of our mission, reflecting our commitment to nurturing the holistic development of every individual within our community. SLU brings this vision to life through Wellness Days — dedicated breaks in the academic semester that allow students to prioritize self-care, build a sense of belonging, and engage with the university's core values. There are two Wellness Days that take place during the academic year, one early in the fall and one early in the spring. This timing balances other natural breaks or holidays during the semester. On these days, most classes for undergraduate and graduate programs are canceled, and our community is encouraged to rest, reflect, and renew their spirits in ways that support overall wellness.



PROVIDE MENTAL HEALTH AND SUBSTANCE MISUSE SERVICES

New - Psychological Services Center (PSC) Partnership: Through a partnership with our Psychological Services Center, students have received a total of 331 therapy sessions and nearly 30 psychological evaluations. This donor-funded partnership has been life-changing for students, as evaluations typically cost up to \$4,000, and private therapy sessions can cost as much as \$200 per hour. As a result, SLU students received therapy leading to reduced anxiety, depression, PTSD, and substance use, and improved relationships and overall mental health functioning.

New - Collaborations & Memorandums of Understanding: We are reviewing current MOUs to strengthen both existing and aspirational collaborations, on- and off-campus, to expand services for students requiring substance use disorder or behavioral health care beyond what is offered by University Counseling and Student Health.

Ongoing - Collegiate Recovery Community: The University Counseling Center oversees the Collegiate Recovery Community (CRC) for recovering students and their allies who are interested in making positive changes regarding their alcohol and/or other substance use. The mission of the CRC is to help students achieve their academic, personal, and professional goals while participating in the collegiate experience without the negative consequences of substance use. A committee of members, including the UCC coordinator of drug and alcohol services and other partners (faculty/staff) from across campus oversees the CRC. SLU continues the weekly Sober@SLU Recovery Community each Tuesday for those affected by substance misuse.

New - Community Wellness Advocates:

Community Wellness Advocates are peer educators engaging the student community by coordinating events with student organizations and offering wellness-related education. Additionally, they launched the first University Counseling Center newsletter, highlighting resources, activities, and information about women in the mental health field for Women's History Month. By continuing to boost the marketing efforts of the UCC, the CWAs are improving general accessibility for students seeking counseling services.





FOLLOW CRISIS MANAGEMENT PROCEDURES

New - Collaborated with SSM Behavioral Urgent Care as a referral source for students experiencing a mental health crisis, ensuring smooth coordination of care and access to necessary resources.

Ongoing - Reviewed and updated our student death protocol and postvention plan for use in responding to critical incidents on or off campus.



RESTRICT ACCES TO POTENTIALLY LETHAL MEANS

New - Participated in Reducing Access to Lethal Means Community of Practice hosted by The Jed Foundation (JED) to review our suicide prevention strategies.

Ongoing - Completed environmental safety scans at our north, south, and law campuses this past summer giving us the opportunity to identify potential risks, threats, and opportunities within our internal and external environment, with the specific goal of restricting access to lethal means.



WANT TO LEARN MORE?

Discover the JED Campus Strategic Plan and explore how the Saint Louis University JED Task Force is advancing student well-being—visit us [online](#) to learn more.