

# Strategic Planning: Student Focus Group

## What is the culture surrounding mental health at UofL?

**“I receive a lot of support from the lower level staff- advisors, department admin, etc., but the higher admin level I don’t think understand the severity of our mental health concerns nor do I think all of the school departments do”**

**“Being a graduate student in a mental health related field, I wish they actually supported our mental health, and understand even though we want to help people, we need to help ourselves too”**

**“I think as students we all are a lot more open to talking about it, and reaching out for help, but sometimes it does not feel the higher levels understand our needs”**

**“We need more normalizing mental health campaigns or assistance in graduate programs, it is still a taboo”**

# JED Campus Domain: Promoting Life Skills

**What do you wish you would've known before college that would've made your transition to college easier?**

**“How to transition out of college”**

**“How to manage my mental health as a graduate student”**

**“How to adjust to a new culture, due to being an international student”**

**“More in-depth time to really understand what resources are available on campus for mental health and wellness”**

# Promoting Social Connectedness: Student Focus Group

**What does peer-to-peer support look like on campus?**

**“I feel supported by my peers in my graduate program”**

**“International students can feel really isolated”**

**A lot of opportunities-if you are interested-in connecting with other students**

# Identifying Students at Risk: Student Focus Group

How are faculty and staff at UofL supportive (or not) of the mental health needs of students?

**“I think it depends on the program, I have some that are really supportive and support me taking time off, but then there are some that do not understand mental health”**

**“I don’t think my professors have been supportive of our mental health, and don’t understand that we’re struggling”**

**“I really think all professors and staff should be required to do trauma-informed approach and cultural competency training, I have had negative experiences with racism and professors not being supportive”**

**“I’ve had really awesome professors who have supported me in taking time off for my mental health and seem to really care”**

# Increase Help Seeking Behavior: Student Focus Group

What do you think are the main issues and barriers students face in accessing support and resources?

“International students are not made aware of resources available-especially mental health resources”

“When I ask for community resources, it seems no one can point me in the right direction, and I don’t know what takes my insurance, has a sliding scale fee, etc”

“We learn a lot in FYE, that we need to learn more after, as it is a lot of info to take in so early on”

“Practicum and counseling graduate students can’t access on campus services due to being in school with the other practicum students providing care at these places, so we’re left without any free options”

“It is sometimes difficult to get a counseling appointment with a clinician of color, and there is a long wait list. They need to have more diverse clinicians”

“In a lot of minority cultures, help-seeking behavior is still a new topic, and we don’t all know how to do it”

