Our College Students’ Needs Are Growing Steadily

Students are struggling with more serious challenges.
Nationwide, one-in-three college students have felt so depressed that is was difficult to function. This many students struggling with issues of such weight can overwhelmed campus counseling centers.

More students are seeking mental health support on campus.
While every campus is doing all they can to meet their students’ needs, what worked previously might just no longer be enough today...or tomorrow. The growth in students’ needs has been dramatic — 30% more college students are seeking mental health services each year (even while average college enrollment is growing by just 5%). If you’re experiencing challenges in delivering behavioral health care to your students, telemental health is an effective option. And not offering this option to students today may in fact be a disservice to them.

Tomorrow’s Therapy Practices Today: Accessible, Scalable, Effective

OFFERING TELEMENTAL HEALTH IS MAKING CAMPUS COUNSELING SERVICES MORE COMPREHENSIVE AND MORE RESPONSIVE TO STUDENTS’ NEEDS.

What is telemental health?
Telemental health is the provision of mental health services using HIPAA-compliant communication technologies such as telephone, email, and video conferencing. When provided by specially trained, licensed mental health professionals, it’s proven to be as effective — and sometimes more so — than office-based sessions.

College students benefit by having access to telemental health services.
Telemental health removes the common barriers that stop many college students from seeking the help they so desperately need.

• ACCESSIBILITY
  Students choose when and where to access care, reducing time involved and increasing privacy.

• CONTINUITY
  Care can continue beyond the academic term. And follow-up is greatly increased through the use of mobile health apps and other online tools.

• AT-RISK POPULATIONS
  Can open the door for a reticent patient to seek the help they need.

Telemental health helps campus health centers.
Telemental health can boost capacity even while many counseling centers’ funding have remained flat.3

• COST
  With no physical footprint, telemental health is highly cost-effective

• CAPACITY
  Counseling centers can serve more students at flexible times, reducing wait time and helping students access the care they need, when they need it

• ACCESSIBILITY
  Reaches students who would not otherwise participate in counseling
As students’ need for mental health services, and the severity of their diagnoses, both continue to climb, telemental health will soon become an imperative. It may already have.

When the University of Florida bumped their on-campus therapist team up to nearly 40, they barely made a dent in their ever-growing wait list. Realizing that traditional therapy solutions would not meet students’ ever-growing needs, the University introduced a suite of telemental health options — including online therapy via HIPAA-compliant videoconferencing. Problem solved — with even better results than expected.²

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**Meet Perspectives Health Services**

Perspectives Health Services, LLC is increasing people’s access to quality mental health care. Through the very technologies that have made it easier for us to connect with others in every other realm of our lives, PHS provides confidential, HIPAA-compliant telemental health services.

- **COMPREHENSIVE, HIPAA-COMPLIANT SERVICES FOR A NEW GENERATION**
  Providing therapy through HIPAA-compliant interactive video conferencing and text messaging; plus a variety of evidence-based mobile health tools for client self-assessment and care management.

- **A NETWORK OF TRUSTED CARE PROVIDERS**
  As part of our integrated healthcare approach, we offer referrals to primary care providers and other community resources and provide information on available telepsychiatry services as needed.

- **MAKING TELEMENTAL HEALTH SERVICES ACCESSIBLE TO ALL**
  We simplify launching telemental health programs. Whether assessing care needs and service delivery, defining a plan for integrating telemental health with existing services, or increasing awareness through direct outreach to students, faculty, and staff, we are each school’s partner from planning through implementation.

- **HOLISTIC APPROACH TO THERAPY**
  With a holistic view of the factors that contribute to mental health, we include family, friends, work, community, and spirituality in the therapeutic experience. PHS is committed to serving individuals from diverse cultural, social and socioeconomic backgrounds and working with organizations that serve these groups.

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**MEET THE FOUNDER**

Finding that her clients consistently wanted to communicate with her through text and video chat, Myrtise created PHS to help meet young clients’ emerging needs through telemental health. PHS is a collective of licensed independent clinical social workers, psychologists, and mental health professionals who have experience providing mental health care in academic, community, primary care, and home settings.

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**CONTACT PERSPECTIVES HEALTH SERVICES TODAY**

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