

Abstract

Mental health is prevalent in the college-aged population. Many individuals that work closely with this population do not receive mental health awareness education. This includes college faculty and staff. By providing college faculty and staff education, college-aged individuals with mental health concerns can be recognized and potentially receive the support they need to be successful.

This project focused on providing education to college faculty and staff on the prevalence of mental health in the population they serve. Signs and symptoms of mental health issues were presented as well as campus resources that could be utilized. Information was collected from the project participants prior to the delivery of education and again after. The data collected reinforced the positive effects of the education. Faculty and staff who participated in the educational session recognized an improvement in their understanding of mental health, how to identify, approach, and refer a student in need. This data supports continuation of the project with possible implication for mandatory training for faculty and staff at the institution.