

The Healthy Minds Study

Brought to you by The Counseling Center

The
College
of Saint
Rose



What is the Healthy Minds Study?

The Healthy Minds Study (HMS) is a national online survey assessing **student mental health** and service utilization on college campuses

How can you participate?

All students will be receiving emails with information on how to participate in this study, including access to the link for the survey! The survey will be available to students from April 12th through May 7th

HMS was designed specifically for colleges and universities, and its success depends on gathering the diverse perspectives of students across campus. By participating, you will be providing your school with valuable information that will improve student life and you will be contributing to a broader goal of promoting student well-being within higher education. To see the answers to frequently asked questions, visit

<https://healthymindsnetwork.org/participate/hms-students/>

After completing the survey students will be entered into a national sweepstakes for one of ten \$100 prizes and one of two \$500 prizes

Participating in this study will not only make you eligible for **one of four \$10 Starbucks gift cards** donated by Sodexo, but it is also an opportunity to make your voice heard! The confidential information provided from this study reflects students' day-to-day experiences on campus, and provides insight into both your struggles and successes. This knowledge will be used to inform policy, practice, programs and services on campus, thus bettering student life. However, we cannot make these improvements without hearing from all of you. Please participate in the Healthy Minds Study before it closes and make your voice heard!



The Counseling Center is dedicated to supporting the needs of all students! We are located in St. Joseph Hall and can be contacted at 518-454-5200 or counseling@strose.edu!