Leveraging Technology to Help Support Students’ Mental Health Needs: Of Course There’s an App for That!

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Reasons for Using Technology as Support

• That is “their” world

• Readily accessible (financially, geographically, schedule-wise)/ more consistent

• Private & Confidential

• Customizable

• Desired (survey responses indicate overwhelming majority were/are interested in using MHapps for self-management and self-monitoring of their mental health)
Apps to Investigate
Additional App Ideas?