

The background of the slide is a grayscale image of a circuit board. It features various traces, pads, and circular components. A dark, semi-transparent horizontal band runs across the middle of the image, serving as a background for the text.

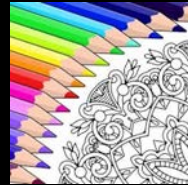
Leveraging Technology to Help Support Students' Mental Health Needs: Of Course There's an App for That!

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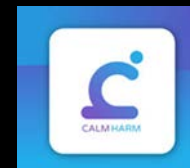
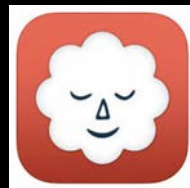
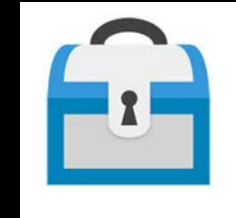
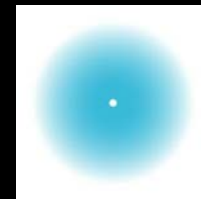
Reasons for Using Technology as Support

- 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



#IWONTBESILENT



Additional App Ideas?