



institutions are committed to the health and well-being of students. Mental health is just as important as your physical health, and our institutions are giving time and resources to ensure students are mentally healthy during their college experience.

Arizona's public universities are doing innovative work to support student mental health and well-being on campus. For example: In 2018, [ASU was nationally recognized with a Healthy Campus Award](#) for its Active Minds program – a student organization focused on reducing stigma about mental health, preventing suicide and providing myriad on-campus resources for students in need.

For the past four years, [UA has ranked in the top four for best health services](#) among 384 colleges and universities by Princeton Review, while a 2017 Gallup poll found that UA alumni are “healthier, happier and more successful than their peers nationally.”

And NAU's comprehensive, creative and effective approach to prevention, early intervention and treatment ensures students are getting the help they need when they need it. NAU is even using online, interactive technology [that assists students in recognizing depression and anxiety in their peers](#), and engages them in simulated realistic conversations to determine whether and how to refer them to appropriate campus counseling centers. To date, nearly 9,000 participants at NAU have completed the training, which has been shown to increase interventions for at-risk students.

These accomplishments represent just a snapshot of the great work Arizona's public universities are doing to address mental health. This must continue to be a priority, both because of its connection to student well-being and the clear connection between mental health and academic success. Studies have shown that students who report psychological distress earn lower GPAs and are less likely to complete their education. In fact, mental illness is the second most common reason students drop out of school.

A healthy student population today means a better-prepared workforce and a healthier and more prosperous community. The Arizona Board of Regents will continue to work with our universities to expand and improve mental health services; promote innovative efforts that address the root causes of this growing concern, foster a culture of well-being and support our attainment goals; and ensure the health, safety and long-term success of every Arizona university student.

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