

October is Mental Health Awareness Month!

At Edgewood University we recognize that mental health significantly affects student learning and the overall college experience. To support student growth and academic success, we have a variety of support services and resources available. Additionally, we engage in prevention efforts to ensure your student is informed, has accessible care, and that any risk factors are reduced.

Read more below to learn more about the campus resources that are available for your student and partnerships we have that support your student's wellbeing. To learn more about community resources not listed here, please contact the Dean of Students Office at 608-663-2212 or DeanofStudents@edgewood.edu.



CLICK HERE TO LEARN ABOUT OUR
PROGRESS & STRATEGIC GOALS

Mental Health Partnership

JED FOUNDATION

The JED Campus Program is a signature program of [The Jed Foundation \(JED\)](#), that helps colleges strengthen their mental health, substance use, and suicide prevention efforts. Through a collaborative process, JED provides tailored support to improve campus systems, programs, and policies. This year, our team is focused on five identified strategic priorities from our comprehensive plan that focus on mental health training and programming and suicide prevention and response. The full press release can be read [here](#).

Personal Counseling Services (PCS)

PCS provides free, confidential mental health support. Each student can receive up to ten free sessions of individual counseling through PCS that can help students with a wide range of issues such as life transitions, relationship difficulties, depression, anxiety, grief, trauma, discrimination, academic issues, substance abuse, trauma, self-esteem, body image, stress management, self-injury, and/or suicidal thoughts.

Beyond individual counseling, other supports are offered to promote student mental health and wellbeing such as group counseling, drop in consultation services, our Mental Health Ambassador program, and the relaxation room.



Student Support Spotlight

Megan Cobb-Sheehan (she/her)

Director of Personal Counseling Services



PCSNotifications@edgewood.edu



(608) 663-4148



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[Personal Counseling Services](#)

Other Mental Health Services

UWILL

Students who reside out-of-state can utilize free Counseling Services through the virtual platform [Uwill](#).

EMERGENCY SERVICES

If your student is experiencing a mental health emergency, encourage them to call 988 immediately to get support from a mental health professional.

STRESS/DEPRESSION QUESTIONNAIRE

This [questionnaire](#) is an anonymous way for students to confidentially get insight and mental health support. After completing, your student will receive a personalized response from PCS.

LET'S TALK

This is a free, drop-in service for informal, confidential consultations with PCS.