



OHIO PROGRAM *for*
**CAMPUS SAFETY
& MENTAL HEALTH**
A NEOMED CCoE

Creating Community Wellness:
Equity and Inclusion in Student Mental Health
Help Seeking Behaviors in Black College Students

Session Description:

This session will explore some of the factors that increase the likelihood of black-identifying students to help at their university counseling center as well as some of the barriers that keep these students from going. Strategies for increasing access to black students will be discussed. Time will be allotted at the end for questions and discussion. Reflection questions will be used to inspire dialogue.

Learning Objectives:

- Identify at least three obstacles that hinder black students from seeking professional mental health help.
- Identify at least three factors that could increase the likelihood of a black student reaching out to their counseling center.
- Learn at least three practical strategies university counseling centers can use to increase accessibility to black students.

Link to join:

<https://neomed.zoom.us/j/91307655652?pwd=Ty9NdFVXNzk3YXdjVEsrenc0Z0Z0QT09>

Password: 836319



NEOMED

COORDINATING CENTERS
of **EXCELLENCE**