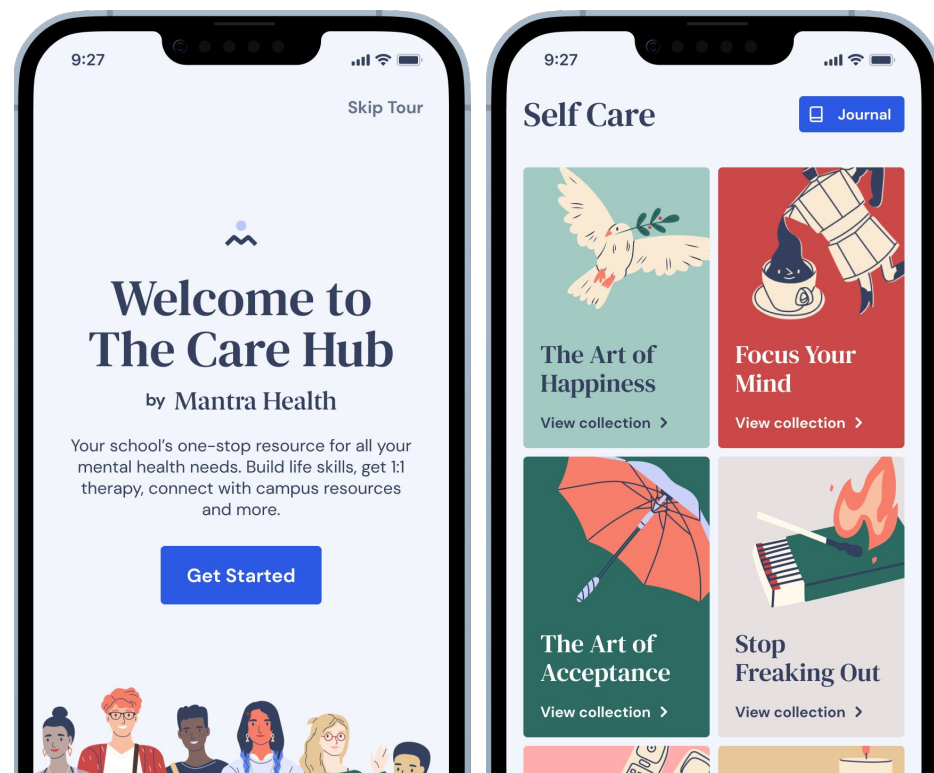


Frequently Asked Questions About Mantra Health

We've partnered with digital mental health provider Mantra Health to bring students high-quality virtual mental health care, which can be accessed through the Care Hub.



What mental health & wellness services are available to students?

	Self Care	Short, self-guided wellness courses for students, which can help reduce stress, navigate difficult situations, and build healthy relationships
	Emotional Wellness Coaching	Short-term, goal-oriented intervention for students wanting self-management strategies
	Peer-to-Peer Support	Judgment-free, inclusive, and confidential community of student peers powered by Togetherall
	Therapy	Holistic, evidence-based care provided by a highly trained therapist who understands the student experience
	ConnectNow	In-the-moment support and problem solving with a mental health professional
	24/7 Crisis Support	Crisis support staff available via phone for students in distress

Which students have access to the Care Hub?

Any students currently enrolled in classes can create an account on the Care Hub and utilize Mantra Health services. However, some services will require the student to complete Mantra's Care Assessment with a mental health provider before accessing.

How can students benefit from these services?

Providing students with a combination of clinical and non-clinical services broadens the access to care and supports a wider array of needs and more pathways to care.

What is the cost to students?

Our University is sponsoring Mantra Health services, so the Care Hub is free to access. While most services require no cost to the student, including Self Care, clinical sessions are limited to a select number.

To determine how many sessions are available, students should speak directly with their Mantra Health care provider. If additional sessions are preferred, the student can use the self-pay option.

What is the role of Mantra Health in relation to the counseling center?

Mantra Health acts as an extension to the Counseling Center. All Mantra Health providers work directly with our on-campus providers to support a student's care journey.

Is the Care Hub platform safe and secure?

All personal information used or maintained on the Mantra Health platform is confidential and subject to laws that protect health information, including the Health Insurance Portability and Accountability Act (HIPAA) pursuant to Mantra's Privacy Statement and Notice of Privacy Practices.

Healthcare information is only shared confidentially with a student's care team and other authorized individuals when required for treatment, healthcare operations, and/or for billing purposes.

How can students benefit from dialectical behavior therapy (DBT) skills?

The Self Care program was designed around dialectical behavior therapy (DBT) skills, which are made up of four modules: mindfulness, emotion regulation, distress tolerance, and interpersonal effectiveness. DBT skills can support a wide range of non-clinical (mindfulness, life satisfaction, psychological flexibility) and clinical (emotion regulation, distress tolerance) needs.

How does Mantra Health support diverse and traditionally underserved student populations?

Mantra Health is committed to meeting the needs of diverse and underserved students. This is reflected in the company's hiring practices, ongoing trainings, as well as the development of its products and services.

How do students sign up for the Care Hub?

Students can use their .edu email address to create a free account at Mantra's Care Hub: mantrahealth.com/smsu. They can also download the Mantra Health app through [Apple](#) or [Android](#).



Students can get started here!

