

# Connecting Students to Mental Health Resources

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# Mission Statement

**Momental: Help the moment you need it.**

Selected Interface and

# Interview #2



**Jessica,**  
Freshman PHE

- People want to help others because they have received help
- Prevalence of Stanford duck syndrome?
- Open discussions about failure - a delicate balance

# Revised POV #1

## **We met a...**

CAPS counselor stressed out about the flood of students coming to CAPS.

## **We were amazed to realize that...**

more people are coming to CAPS both because mental health is becoming less stigmatized, and because it's more prevalent on campus.

## **It would be game-changing to...**

address mental health problems before they require the professional services of CAPS.

# Revised POV #2

## **We met...**

students who have sought counselling services from CAPS.

## **We were amazed to realize that...**

the process of getting an appointment and regularly meeting with counselors was stressful in and of itself.

## **It would be game-changing to...**

remove the extra stressors introduced by the complex process of scheduling and connecting with professional counseling services on campus.

How might we...

# destigmatize failure at Stanford?

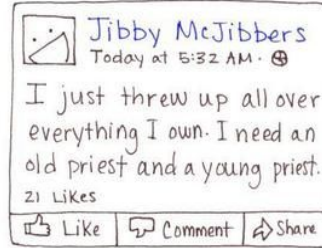
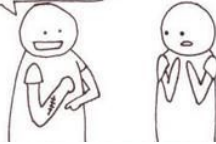
When we break a bone:

Sign my cast!



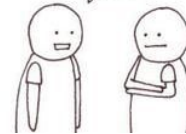
When we get a bad cut: When we get the flu:

Check it out!  
12 stitches!



When we struggle with mental health issues:

Hey.



How might we...

**leverage** the supportive community surrounding mental health issues?

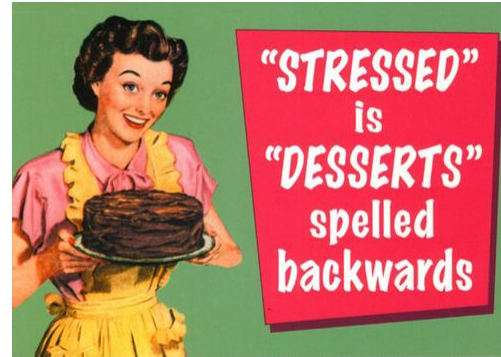




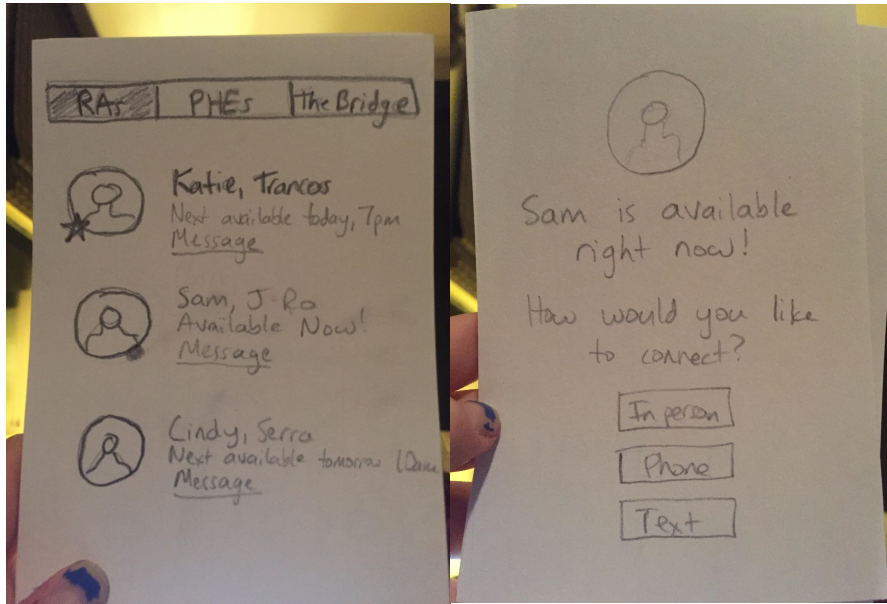
How might we...

**support** CAPS patients  
outside of their appointments?

Stress Reduction Kit



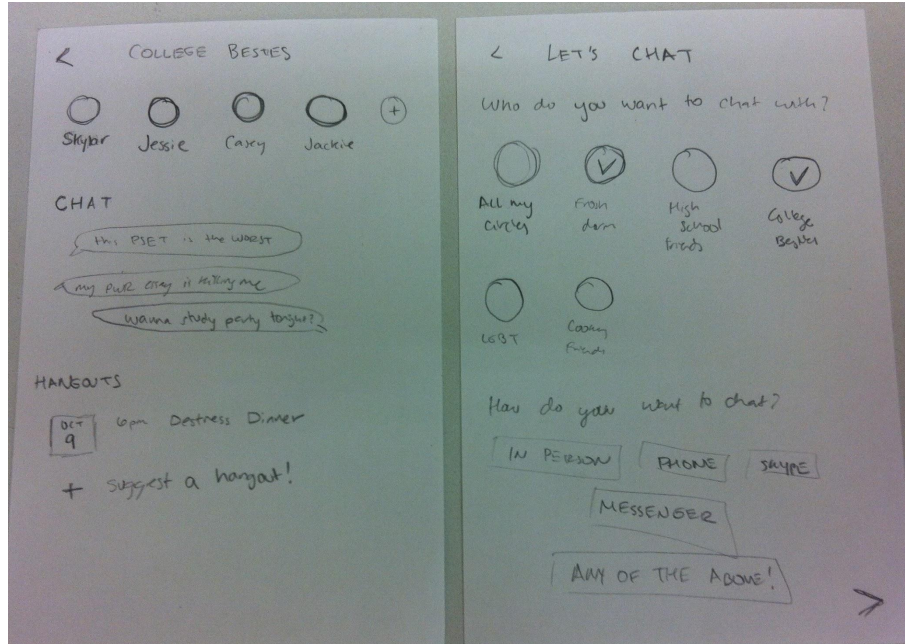
# Experience Prototype #1



connect students with  
resources already made readily  
available to them

- Removed the awkward process of starting the conversation
- Removed feeling of imposing
- Structured process of matching to best-fit resource
- Taking advantage of resources around you without feeling overwhelmed

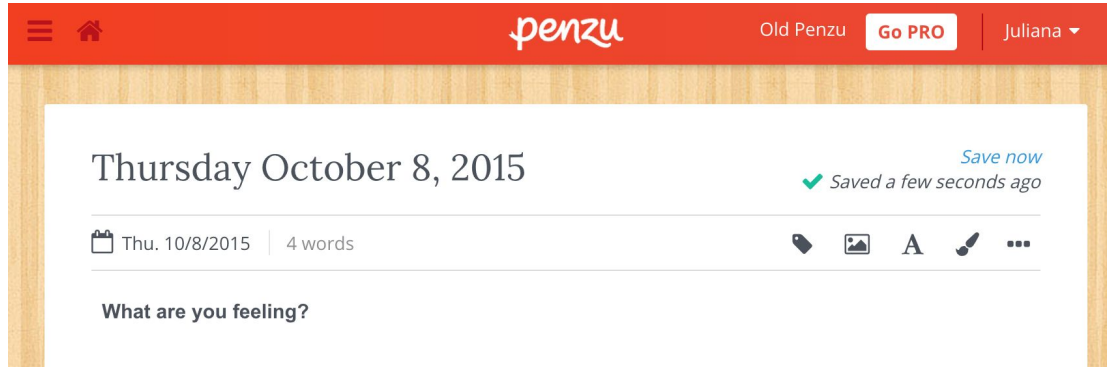
# Experience Prototype #2



- Dedicated space to discuss with friends, but meeting strangers - not so much
- Degrees of separation required for face-to-face
- Anonymous chatrooms with specific themes more fitting for venting/ranting

leverage existing communities

# Experience Prototype #3



students write to their therapists, receive advice and strategies

- Different than journalling to self - outsider's perspective
- Method of holding patient accountable
- Advice? No thanks - "forced and unhelpful"
- Personalized toolbox of strategies/resources

# Thank you!

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Questions?