

Mental Health at ASU

Aaron Krasnow, Ph.D.

**Associate Vice President
Arizona State University**

Current Status

- National data:
 - Depression increasing
 - Anxiety increasing
 - Suicidality increasing
 - Grief and loss increasing

Current Status

- Mental Health at ASU strategy:
 - Empathic and caring community
 - Impactful non-clinical experiences
 - Prevention and education
 - Accessible clinical services

Current Status (Immersion Students)

- 5 health service clinics, 4 Counseling clinics
- 8 am – 5 pm, M-F – All locations.
- 24/7 chat, phone, tele-counseling through Open Call Open Chat
- 24/7 mental health support through ASU's dedicated crisis phone line: 480-921-1006
- 24/7 medical support through ASU's dedicated medical on-call: 480-965-3349
- No charge for any service

On-campus

- Walk-in availability every day at any location.
- Appointments (in-person or tele-counseling) available through ASU's Health Portal (myhealth.asu.edu).
- Services:
 - Assessment of treatment needs
 - Short-term, goal focused treatment (if indicated)
 - Referral to community providers (if indicated)
 - Support and therapy groups (if indicated)
 - Care management (as needed)

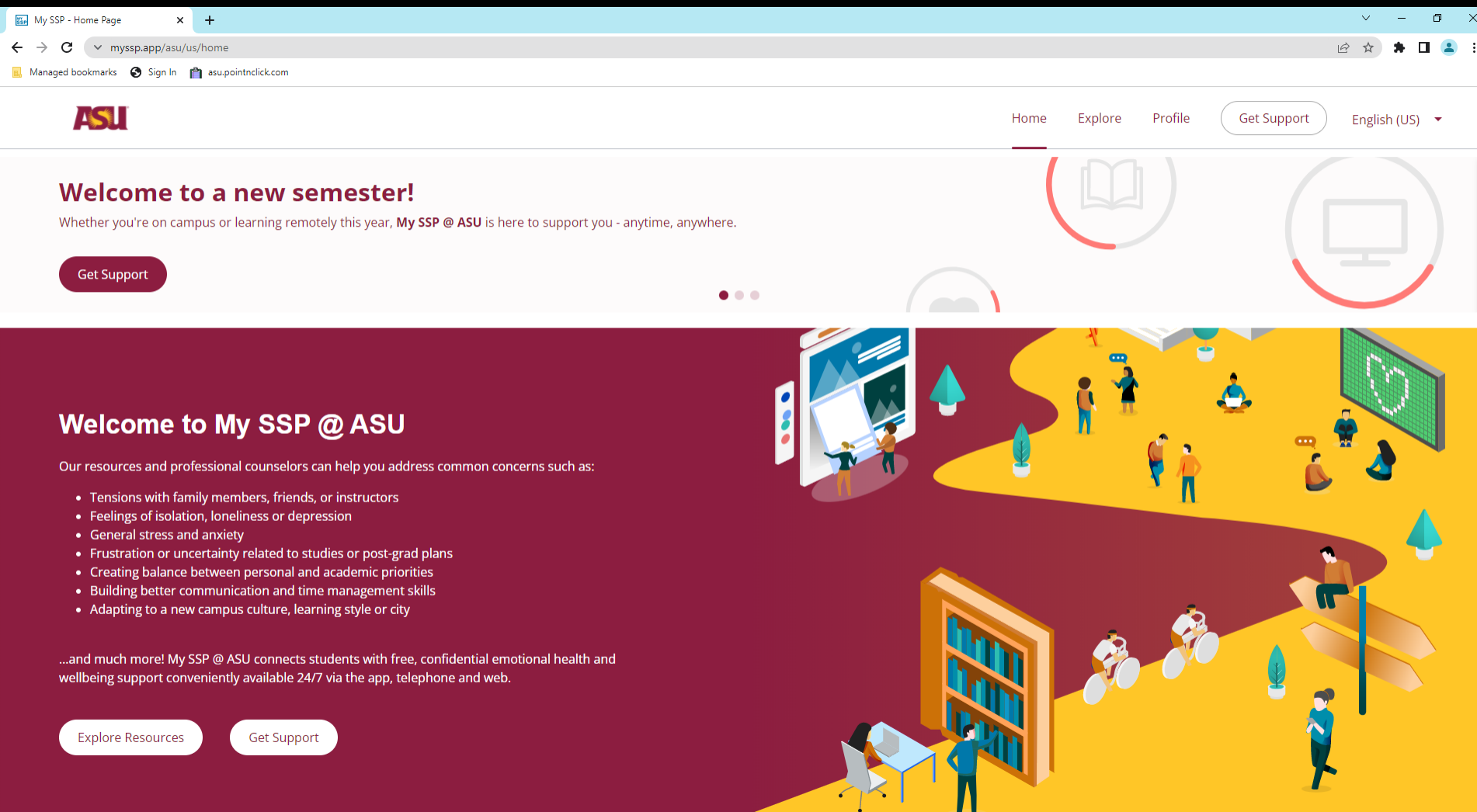
On-campus

- 38 FTE clinicians
- PhDs, PsyDs, LCSWs, LPCs, LMFTs
- 14 languages:
 - English
 - Spanish
 - Korean
 - Mandarin
 - Japanese
 - Bulgarian
 - Bosnian
 - Croatian
 - Serbian
 - Hebrew
 - Punjabi
 - Hindi
 - Persian
 - Dari

Tele-counseling

- 24/7/365 availability for chat, phone, and tele-counseling the MySSP – Open Call Open Chat.
 - Anywhere in the world
 - 6 languages for chat, dozens of languages for counseling
- Appointments (in-person or tele-counseling) available through ASU's Health Portal (myhealth.asu.edu).
- Demographics of use mirror in-person services

Tele-counseling



The screenshot shows a web browser window with the address bar displaying "myssp.app/asu/us/home". The website header includes the ASU logo, navigation links for Home, Explore, and Profile, a "Get Support" button, and a language selector for English (US). The main content area features a large illustration of a campus scene with students walking, studying, and interacting. The text "Welcome to a new semester!" is prominently displayed, followed by a message stating that My SSP @ ASU is here to support students anytime, anywhere. A "Get Support" button is provided. Below this, the section "Welcome to My SSP @ ASU" lists common concerns that the resources and professional counselors can help address, such as tensions with family, feelings of isolation, general stress, and academic uncertainties. A final message states that the support is free, confidential, and available 24/7 via the app, telephone, and web. Two buttons, "Explore Resources" and "Get Support", are located at the bottom of the page.

My SSP - Home Page

myssp.app/asu/us/home

Managed bookmarks Sign In asu.pointnclick.com

ASU

Home Explore Profile Get Support English (US)

Welcome to a new semester!

Whether you're on campus or learning remotely this year, **My SSP @ ASU** is here to support you - anytime, anywhere.

Get Support

Welcome to My SSP @ ASU

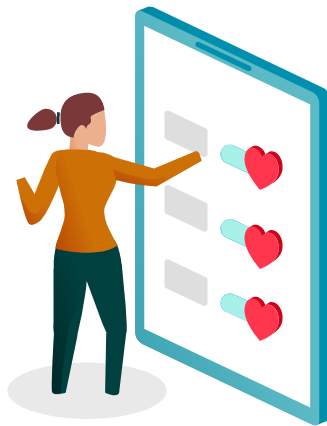
Our resources and professional counselors can help you address common concerns such as:

- Tensions with family members, friends, or instructors
- Feelings of isolation, loneliness or depression
- General stress and anxiety
- Frustration or uncertainty related to studies or post-grad plans
- Creating balance between personal and academic priorities
- Building better communication and time management skills
- Adapting to a new campus culture, learning style or city

...and much more! My SSP @ ASU connects students with free, confidential emotional health and wellbeing support conveniently available 24/7 via the app, telephone and web.

Explore Resources Get Support

Tele-counseling



What is My SSP @ ASU?

Health assessments

Complete an anonymous assessment to get feedback on your mental health

Browse health & wellbeing content

Access articles, podcasts, infographics, and videos on the app addressing a wide variety of wellbeing topics

Access virtual fitness sessions

Free virtual fitness sessions available through LIFT

Real-time chat support 24/7

Chat with an experienced counselor at your convenience

Telephone support 24/7

Speak to an experienced counselor with a simple phone call

Receive support from a dedicated counselor for short-term sessions

Our appointment-based support allows you to connect with the same counselor over multiple sessions via telephone or video appointments.

Connect with a counselor for free today. All calls, chats, and conversations are confidential.

[Get Support →](#)

Tele-counseling

My SSP - Contact us page

mysp.app/asu/us/contactUs

Managed bookmarksSign Inasu.pointnclink.com


ASU

HomeExploreProfileGet SupportEnglish (US)


If you or someone else is in physical danger or you are experiencing a medical emergency, please call your local emergency response services immediately.

Health Assessments


Take these short assessments and get feedback on your mental health. It's completely anonymous.

Depression Assessment


>

General Anxiety Assessment

>

Drug Use Assessment


>

Alcohol Use Assessment


>

Get Support


Immediate support is available to you 24 hours a day, 7 days a week. There are two virtual counselling options: telephone and online chat.

Call


Access My SSP @ ASU anywhere, anytime. Find the phone number in your region.



Find my number

Chat

Connect with My SSP @ ASU by chat message 24/7.



Chat Now

Consulting and training

Devils 4 Devils

ASU Devils 4 Devils | Educational Out... x ASU Offering help | Educational Outre... x +

eoss.asu.edu/devils4devils

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ASU Home My ASU Colleges and Schools Sign In

ASU Arizona State University

Devils 4 Devils
Educational Outreach and Student Services


High School Program College Program Resources Contact Us

EOSS Resource Hub




Devils 4 Devils
Creating a safe and caring community

Get Started



I am...
A high school student, teacher or parent



I am...
A college student, professor or leader

Consulting and training

Devils 4 Devils

ASU Devils 4 Devils | Educational Out... x ASU Offering help | Educational Outre... x +

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Get Started



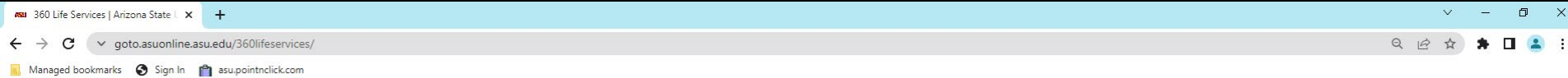
I am...
A high school student, teacher or parent



I am...
A college student, professor or leader

Tele-counseling (ASU Online)

360 Life Services



360 Life Services

Your source for counseling and topic-specific support

Welcome, Sun Devil!

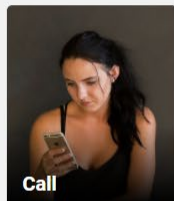
360 Life Services is a comprehensive support program that offers free, 24/7 counseling and crisis intervention in person or by phone. You can also chat at your convenience with topic specialists in legal, personal finance, childcare, education and more. This confidential resource supports your education, career and personal needs.

For immediate, live services, call [833-223-9883](tel:833-223-9883).

Schedule a counseling
appointment over the
phone or in person.

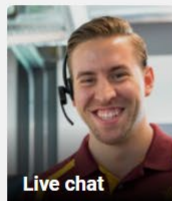
[Schedule appointment](#)

Connect with 360 Life Services



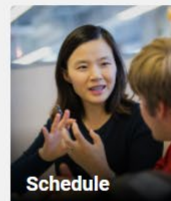
Call

For immediate service, call [833-223-9883](tel:833-223-9883). Available 24/7, connecting you to a live counselor.



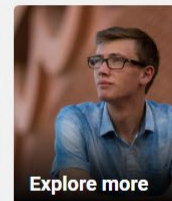
Live chat

Chat directly with a [360 Life Services counselor or topic specialist](#) in legal, finance, education and more.



Schedule

Request a counseling session in person or by phone with a counselor in your area.



Explore more

Check out [webinars, articles and features](#) on mental health, physical health, parenting and more.

Thank you

- aaron.krasnow@asu.edu
- Office direct: 480-965-8537
- Mental health crisis: 480-921-1006