

YOU MATTER MUS



YOU® at COLLEGE

thrivingcampus

KOGNITO

YOU AT COLLEGE

THRIVING CAMPUS

https://www.mus.edu/che/arsa/mentalhealth/you_matter_mus.html

Kognito is an online, interactive training on mental health literacy and suicide prevention. The trainings include education on positive coping strategies, tools for recognizing students in distress, strategies for communicating concerns, and how to take action to find more support. The MUS has two trainings available to all campuses: Kognito At-Risk for Students and Kognito At-Risk for Faculty/Staff.

You at College, a web-based platform, available to all MUS students and employees, includes evidence-based content, interactive tools, resources, and personalized content to help students and employees address their mental wellness needs and more. Each institution in the MUS has a campus-specific version of the app that includes resources and tools specific to that campus and community.

Thriving Campus is an online referral platform to help connect students to mental health care providers and specialists in their campus and home communities. Campus providers can also use the platform to refer students to specific providers and close the referral loop by tracking whether students used the referral. Users can search for providers by a variety of filters, including telehealth delivery, location, accepting patients, accepted insurance, and more.

