

MENTAL HEALTH ADVOCACY FOR STUDENTS IN ACADEMIC LIBRARIES

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52%

of students report
feeling hopeless
(American
Psychological
Association, 2016)

1 in 5

students report
thoughts of suicide
(Harvard Research
Data, 2018)

90%

of academic staff
feel they should
help students in
distress (AUCCD,
2019)

In 2011, the leading cause of deaths among undergraduate and graduate students was suicide.

-American College Health Association

EMERGING NEED

Higher education students are prone to experiencing mental health distress. In addition to a literature review, we partnered with UW Tacoma Library and conducted interviews with library staff regarding their job experiences with student mental health.

Based on our research and interviews, we developed a set of best practices to be used by academic libraries to better advocate for and support students experiencing mental health hardships.

IMPACT & OUTCOMES

Library staff are in a position to help students experiencing mental health distress. There needs to be increased awareness and accessibility to resources in order to support students that are experiencing mental health obstacles.

Our best practices center on student and library staff well-being. They can be adapted to fit the unique needs of every library. We created a holistic approach for library staff to advocate for and support students' mental health during higher education.

End the stigma. Reach out.