Problem
Inaccessible mental health resources deter students from seeking help. This lack of help hinders their learning.

Importance
Students who struggle with mental health issues tend to do worse in school. They also struggle with taking care of themselves.

Information Session
- On mental health resources and strategies
- Length: about 45 minutes
- 15 slides, with 3 activities
- 14 college students attended

Self-Evaluation of Understanding
(Likert Scale 1-5)

Participants' Evaluation of Engagement
(Likert Scale 1-5)

Conclusion
The information session successfully improved understanding and maintained engagement. However, the effects are likely short-term.

Acknowledgments
Thank you to the students who participated in the info session and those who spread the word.

References