



## MASSACHUSETTS: A Focus on Student Mental Health

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[Tufts Now](#) [1]

Tufts University is expanding its efforts to address student mental health. The university is joining JED Campus, a program that helps campuses evaluate and enhance their mental health, substance abuse, and suicide prevention activities. In addition to its on-campus counseling and mental health services, Tufts now offers stress reduction programs and telehealth resources that provide therapy by phone, chat, and video. This month, the university's Mental Health Task Force plans to release the results of a study evaluating how effectively Tufts is addressing student needs. "We have made mental health a priority at Tufts in recognition of the importance of meeting our students' needs, fostering resilience, and creating a healthy and supportive community," said Tufts President Anthony P. Monaco.

**Spark Extra!** Check out our [virtual learning lab for campus suicide prevention](#) [2].

### Links within this resource

[1] <https://now.tufts.edu/articles/focus-student-mental-health>

[2] <http://www.sprc.org/virtualllearninglab/virtual-learning-lab-campus-suicide-prevention>

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