

MUS Mental Health & Wellbeing Action Plan



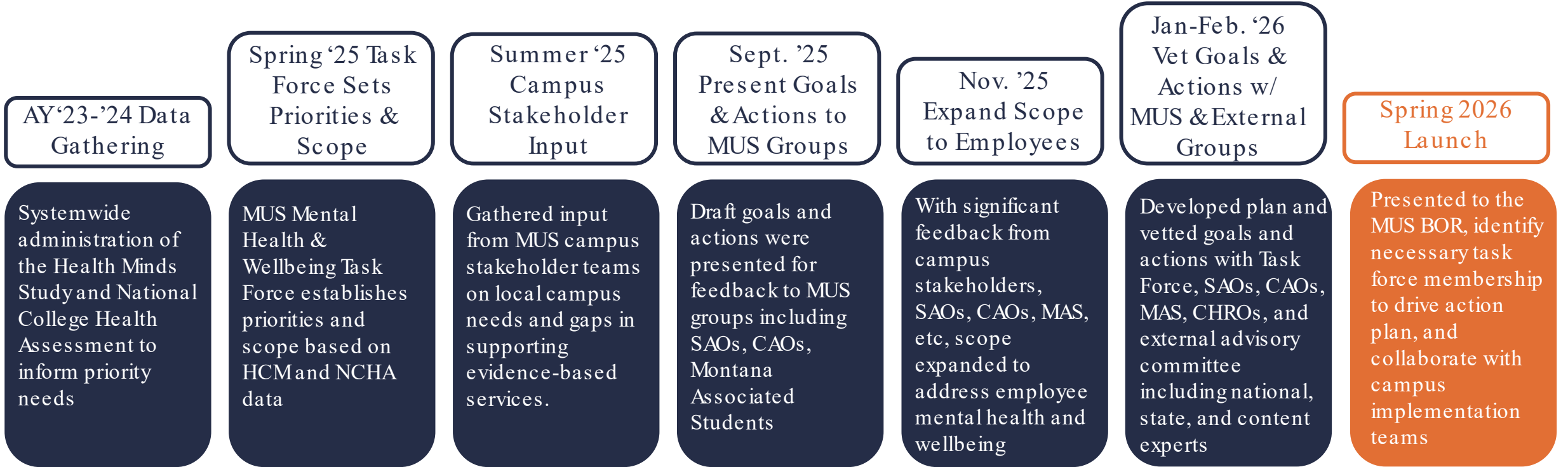
2026

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Action Planning Process





Healthy Minds Study Findings

HMS Item	Students (N=3,923)	Agree or Strongly Agree with the statement	Fac/Staff (N=891)
Flourishing*	34%	I feel comfortable having conversations with students about their mental health.	63%
Depression	38%	I have a good idea how to recognize that a student is in mental or emotional distress.	52%
Anxiety	33%	Student mental health problems are significantly worse now than when I started my career.	52%
Loneliness (Isolated from others)	69%	Supporting students in mental and emotional distress has taken a toll on my own mental and emotional health.	22%
Suicidal ideation (last year)	15%		
Self-injurious behavior	31%		
Mental health negatively impacted academic performance	81%		

*Flourishing is based on an 8-item summary measure of self-perceived relationships, self-esteem, purpose, optimism, etc.





Healthy Minds Study Findings

HMS Items

(Faculty 47% & Staff 53%)

Achieve a healthy balance between personal and professional life*	72%
Flourishing	58%
Felt overwhelmed by all I had to do (past year)*	74%
Job has taken negative toll on mental or emotional health*	50%
Feel burnt out because of work**	55%
Lifetime campus mental health or wellness resource use	14%
Institution should be investing more resources to support fac/staff mental health and wellbeing*	80%

* Somewhat agree, agree, and strongly agree

**somewhat, to a high degree, and to a very high degree



MUS Mental Health & Wellbeing Action Plan Goals

**GOAL
1**

Integrate mental health and wellbeing into campus culture by implementing a public health approach that builds thriving communities.

**GOAL
2**

Promote positive student success outcomes through evidence-based mental health & suicide prevention practices.

**GOAL
3**

Foster employee mental health & wellbeing to create a thriving workplace where all employees can fully contribute to the MUS mission.

Implementation & Measures of Success

THE ACTION PLAN WILL DELIVER MEANINGFUL CHANGE ACROSS THE SYSTEM BY:

1. **Increasing retention and completion** by addressing mental health barriers to student persistence.
2. **Sustaining data-drive progress** through regular system-wide assessments that guide ongoing work.
3. **Enhancing access to supports** through coordinated infrastructure that enables campuses to share expertise and leverage collective resources.
4. **Supporting a thriving workplace through upstream strategies** that sustain employee wellbeing and strengthen workplace culture.
5. **Building and strengthening campus communities** where faculty, staff and students are equipped to recognize distress, respond with empathy, and foster cultures of care.

IMPLEMENTAION NEXT STEPS (YEAR 1 ACTIVITIES)

1. **Launch Action Plan with MUS Mental Health & Wellbeing Task Force** in spring 2026.
2. **Collaborate with campus implementation teams** to design campus activities that meet unique institutional needs and that are aligned with the action plan.
3. **Host MUS mental health and wellbeing summit in Fall 2026.**
4. **Launch mental health and wellbeing public health education campaign** across the MUS.
5. **Procure systemwide suicide prevention training for all MUS students, faculty, and staff.**
6. Coordinate administration of the **Healthy Minds Study for student and employees.**

