Dear Red Raiders,

In response to challenging mental health trends and the effects of the COVID-19 pandemic on the mental health and well-being of college students, Texas Tech University is launching a campus-wide mental health initiative entitled "Beyond Okay." More information about the campaign is available at ttu.edu/wellbeing.

Inspired by the Student Government Association and in collaboration with multiple campus departments, "Beyond Okay" strives to bring holistic well-being to the Texas Tech student body by:

• Raising awareness about the prevalence of mental health struggles among college students.
• Helping students better understand the signs of mental illnesses.
• Educating students about coping strategies for common issues they face.
• Informing students about the university and community resources available to support mental health.
• Reducing barriers for students to access university and community resources.
• Demystifying and reducing the stigma within the help-seeking process.

There are several ways you can engage with the campaign and learn more about well-being at Texas Tech.

• Sign up to receive updates about "Beyond Okay" via e-mail.
• Use the resource guide (below) to help you support student mental health and wellbeing.
• Follow @tturise on social media to stay updated on the campaign, upcoming campus events, and support resources for students.
• Join us at the Student Union Building on Wednesday, Sept. 29 from 9:30-10:30 a.m. We’ll be handing out mental health resource guides and snacks outside CopyMail.

Please contact Brittany Todt, Director of Risk Intervention and Safety Education, for more information.

Be well,

Lawrence Schovanec
President, Texas Tech University