




Adult learners face unique challenges balancing college, work, and life, reporting higher rates of stress, anxiety, and depression than traditional students.

A recent [Hope Center survey](#) shows **57% of re-enrolled stopouts cited mental health as the reason** they initially left. Despite this clear need, **65% of students are unaware of available support.**

This aligns with **ReUp's data**, identifying mental health as a top reason students stop out a second time.

Among the resources ReUp offers to students, **time management and mental health are referenced most often**, underscoring the intrinsic link between time, stress management, and achieving academic success.

ReUp Sample Resources:  [Coaching Exercise: If-Then Map](#)
 [Finding a Support System](#)
 [Where to Find Support for You, Food, Rent, or Utilities](#)

Seeking early assistance is preventive medicine. Early intervention, like check-ups, prevents minor concerns from escalating into major roadblocks.

- **ReUp Success Coaches** offer a sympathetic ear, trustworthy guidance, and personalized strategies for adult learners juggling responsibilities.
- **Campus Resources** are crucial supports for preventing and managing anxiety and stress.

Examples of institutional supports:

- ★ **New Jersey Office of the Secretary of Higher Education (OSHE) and Uwill** partnered to offer college students in New Jersey free, 24/7 virtual [mental health services](#), with 45 institutions participating.
- ★ **Indiana Tech** added the TimelyCare [mental health solution](#) with 24/7 access to online counseling: they learned that about *67% of service users are over the age of 25.*
- ★ **Jackson College** launched the [Flourish app](#), an AI mental wellness app, which connects students with the [Oasis Center](#) and allows for community within the app.



- How are your institution's mental health and time management resources specifically promoted to adult students?
- Does your school encourage instructors to include statements in syllabi about these resources?
- How is campus messaging designed to reduce stigma associated with asking for help and encourage early access to support?