

New Jersey Institutions are Making an Impact Supporting Student Mental Health

Data through first two years of partnership: April 1, 2023 - May 15, 2025

As the first state in the nation to launch a comprehensive, statewide teletherapy initiative¹, New Jersey is leading the way with this bold investment in supporting student mental health through its groundbreaking partnership with Uwill. This innovative program offers students at 45 participating institutions of higher education **no-cost, unlimited, 24/7/365 access to immediate mental health support**, seamlessly complementing the work of campus counseling centers. By minimizing barriers to care, New Jersey is setting a powerful national example. This initiative champions student well-being, boosts student success and completion rates, and cultivates a resilient, future-ready workforce.

Immediate appointment with a licensed therapist based on student preferences

Direct crisis connection with a licensed therapist

On-demand wellness - yoga, meditation, mindfulness & more

18,207
STUDENTS

9.5/10
STUDENT FEEDBACK RATING

30%
AFTER-HOUR SESSIONS
(M-F 5PM - 9AM and weekends)



78,131 THERAPY SESSIONS⁴

548 CHATS

6,593 MESSAGES

1,216 CRISIS CONNECTIONS

Average of **6** SESSIONS PER STUDENT

We recognize student mental health is directly connected to student success

35% of college students nationwide have considered leaving their program in the past six months²

54% cited emotional stress

43% cited mental health concerns as primary reasons

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We affirm that mental health is a key determinant of any student's success and that safe, empowered access to care can make all the difference in seeking out support.

-Dr. Brian Bridges
New Jersey
Secretary of Higher Education

This partnership removes cost as a barrier for students seeking support

Therapy session copays³ for those with insurance range from
\$15 – \$30⁵

Without insurance, sessions cost from
\$100 – \$200

New Jersey's partnership with Uwill has saved students \$1.2M – \$2.3M⁶

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The ability to assist students in crisis after hours is a game-changer, and the availability of bilingual counselors ensures that we can support our diverse student body in their preferred language. Your service also helps us to reduce the stigma associated with seeking help by allowing us to reach out to students who may not feel comfortable coming into our office.

-New Jersey College Administrator

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Uwill is an accessible option for students who may not want to walk into a wellness center due to stigma. It allows for access outside our business hours that may fit non-traditional students' schedules or student teachers.

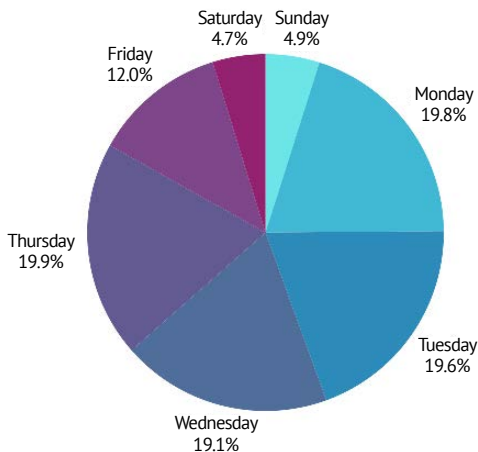
-New Jersey College Administrator

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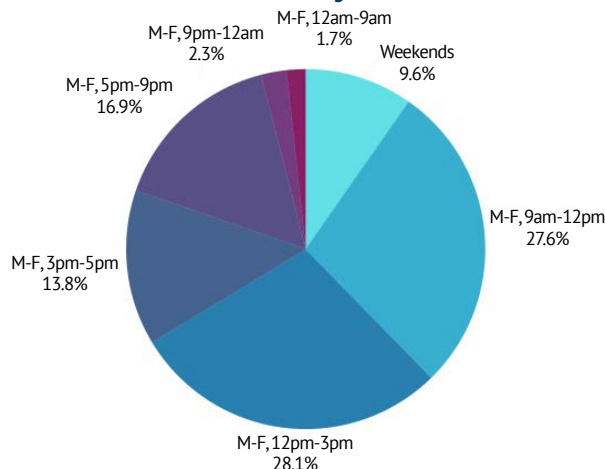
I appreciate that our university has been able to provide mental health services that extend beyond our normal workday. For students who find accessing services during the business day to be more difficult, I appreciate that they have this option. I also appreciate knowing that when counselors' schedules become more busy, we can offer students another option to avoid waiting too long for an appointment.

-New Jersey College Administrator

Sessions by Day:



Sessions by Time:



3,073
therapy sessions during
WINTER INTERSESSION,
(December 20, 2024 -
January 19, 2025)
92 sessions outside NJ
including 9 countries

9,235
therapy sessions during
SUMMER
(May 20, 2024 -
August 26, 2024)
1,005 sessions outside NJ
including 9 countries

Accessibility & Inclusivity

Students select a therapist based on their unique needs and preferences including immediacy, gender, language, ethnicity, and focus area

**85% of NJ students seek support from BIPOC therapists,
9% seek support from therapists who speak
languages other than English**

Top Languages Searched other than English:

1. Spanish
2. Hindi
3. Mandarin
4. Korean
5. Arabic

Top Focus Areas Searched:

1. Self-esteem
2. Loneliness
3. Trauma
4. Academic Concerns
5. Body image

**Uwill's New Jersey counselor community is 55% BIPOC
and speaks 11 languages.**

Student Demographics⁷

Race/Ethnicity:

White **32%** Hispanic **25%** Black or African American **17%**
Others represented include Asian American, South Asian, Middle Eastern, African, West Indian Caribbean, East Asian, Southeast Asian, Indigenous

Ages:

78% ages 17-24 **16%** ages 24-33 **6%** ages 34+

On-Demand Wellness Programming

Free to all students on Uwill platform

Most watched:

- Right Here, A Grounding Practice
- Meditation: The Contours of Emotion
- 5 Ways To Add Positivity To Your Life
- Take A Moment To Breathe
- Repairing Fractured Relationships

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I am so happy that I am finally receiving therapy-- it was long overdue. My insurance does not cover virtual therapy, and I need virtual therapy as someone who is going back to college to finish my bachelor's and working a part-time job.

- Student

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I'm grateful to have a resource where I can schedule a same day session. My therapist was extremely helpful. They are very capable and skilled professionals!

- Student

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I love having my weekly conversations with my therapist because of how understanding and rational she is. She always gives me a new perspective. She is very calm, patient, and gracious. I am forever grateful for Uwill.

- Student

¹OSHE, 2023, 2024

²Gallup, 2024

³NOA, 2024

⁴Therapy sessions include video and phone sessions. Chats are scheduled, synchronous sessions between students and providers. Messages are a synchronous notes students can send to providers after a meeting.

⁵New Jersey's partnership with Uwill has saved students \$1.2M-\$2.3M

⁶Calculation based on the \$15-30 copay per session for 78,131 video and phone therapy sessions

⁷Based on students self-reporting optional data