

Colleges and Universities Are Meeting the Growing Need for Mental Health Benefits



Anxiety, depression, trauma, substance abuse and stress-related disorders have continued to increase among faculty and staff. Higher ed institutions are offering assistance through various benefits. This infographic presents data on mental health benefits from Segal's [2024 College and University Benefits Study](#) (CUBS).

Currently, there are not enough therapists in the United States to meet demand for care. Digital therapeutic/virtual health offerings are one way to address the shortage of providers.

More than half of institutions offer digital therapeutic/virtual health offerings.

87% include some form of digital/virtual behavioral health.

Among those institutions, a majority offer a telehealth platform that includes a behavioral health component (but offering a specialty behavioral health carrier is less common).

52%

Telehealth Platform with a Behavioral Health Component

28%

Telehealth Platform with a Behavioral Health Component and at Least One Specialty Behavioral Health Carrier

20%

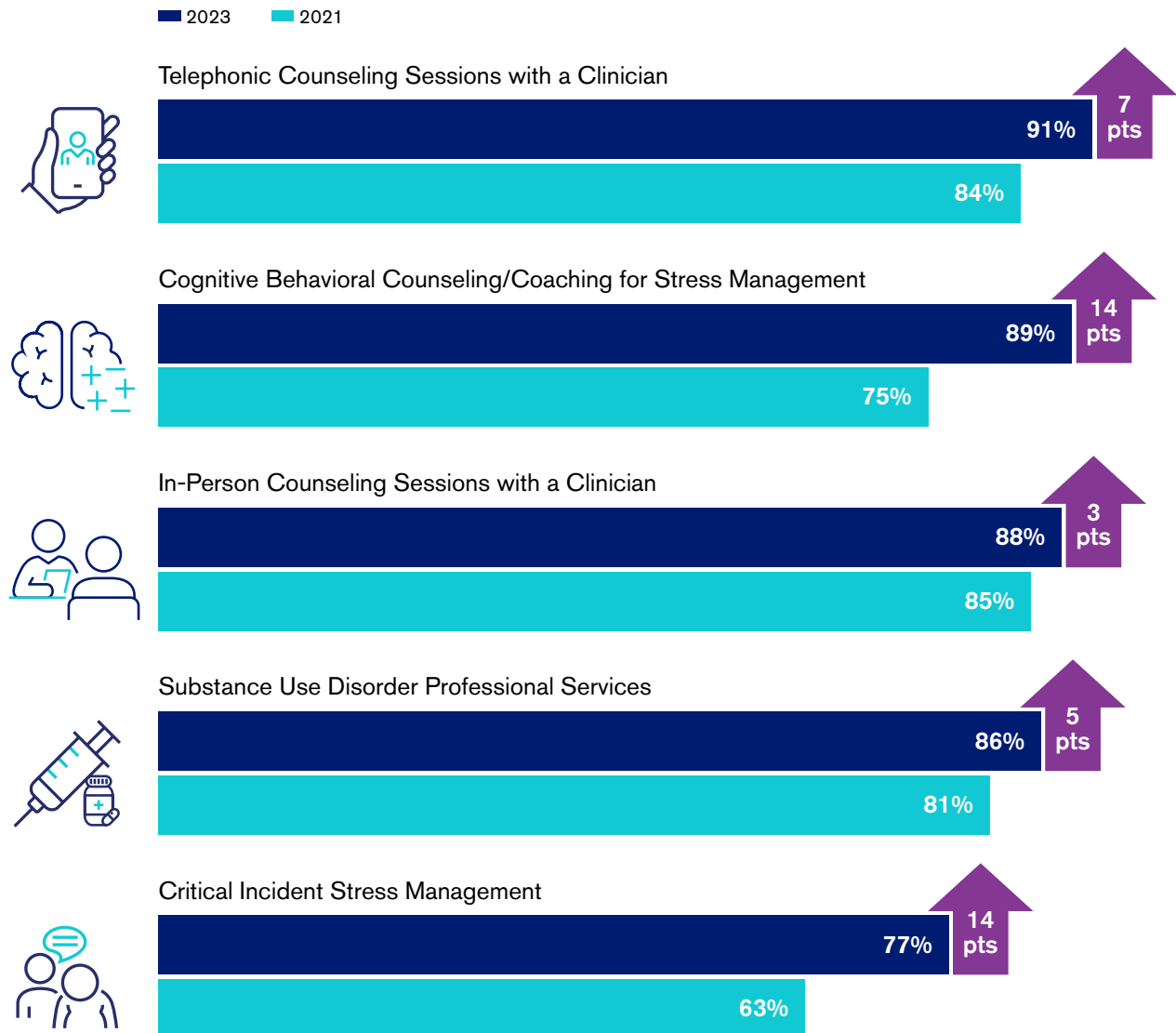
Specialty Behavioral Health Carrier Only



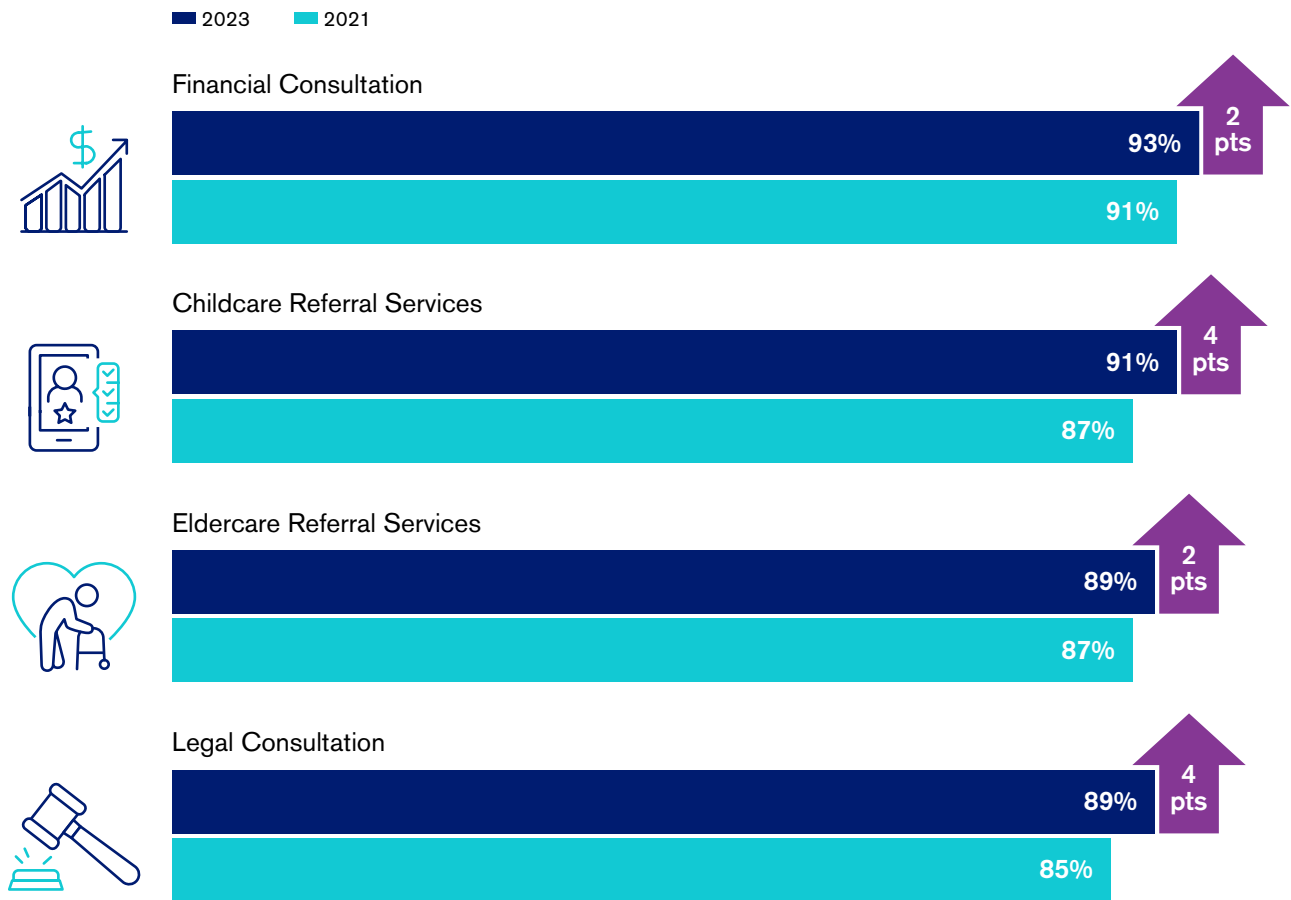
For guidance on how to select high-quality vendors of behavioral health solutions, refer to our article, [“5 Key Considerations for Behavioral Health Solutions.”](#)

Adequately addressing demand for mental health/substance use disorder (MH/SUD) services is important both for improving the health of faculty and staff and for managing institutional costs. Our two-page resource, "[Make a Sound Investment in Supporting Mental Health](#)," presents compelling data.

The percentage of higher ed institutions offering various mental health services through employee assistance programs (EAPs) increased over the two years since our prior study.



Recognizing that financial and legal issues, as well as caregiving responsibilities, are significant sources of stress, more higher ed institutions are offering expanded services through employee assistance programs (EAPs) to help with those needs.



Segal's [CUBS](#) is the most detailed higher education employee benefit benchmark study in the U.S. It covers benefits offered by public and private higher education institutions.

To find out how you can use our college and university database to benchmark your institution's benefits and to discuss refining your recruitment and retention strategy, get in touch with:



Kari Aikins
VP
kaikins@segalco.com
270.899.3965



Leonard Spangher
VP & Senior Consultant
lspangher@segalco.com
646.345.2998

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