

CONTEMPORARY SOLUTIONS FOR STUDENT ANXIETY AND SOLITUDE

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GRADUATING CLASS OF 2030, PRESENTED 2026**



ANXIETY AND LONELINESS IS SURGING

44%

Depression Symptoms

College students report feeling persistently sad or hopeless, impacting academic performance and daily functioning.



63%

Overwhelming Anxiety

Students experience debilitating worry and stress that interferes with their ability to focus and succeed.



46%

Feeling Isolated

Students report lacking meaningful connections, leading to profound loneliness despite being surrounded by classmates.



Mental health visits have surged 40% since 2019, overwhelming campus counseling centers. This crisis demands immediate, multifaceted intervention to prevent long-term consequences for an entire generation of students.

WHY NOW?

Multiple converging pressures have created unprecedented mental health challenges for today's students.

1

Academic pressure intensifying

Rising competition for college programs pushes students to maintain perfect GPAs while juggling internships and extracurriculars.

2

Social media comparison culture

Constant exposure to curated highlight reels creates unrealistic expectations and amplifies feelings of inadequacy and FOMO.

3

Post-pandemic social skill gaps

Years of remote learning left students without crucial face-to-face interaction practice, making in-person connection feel awkward and exhausting.

4

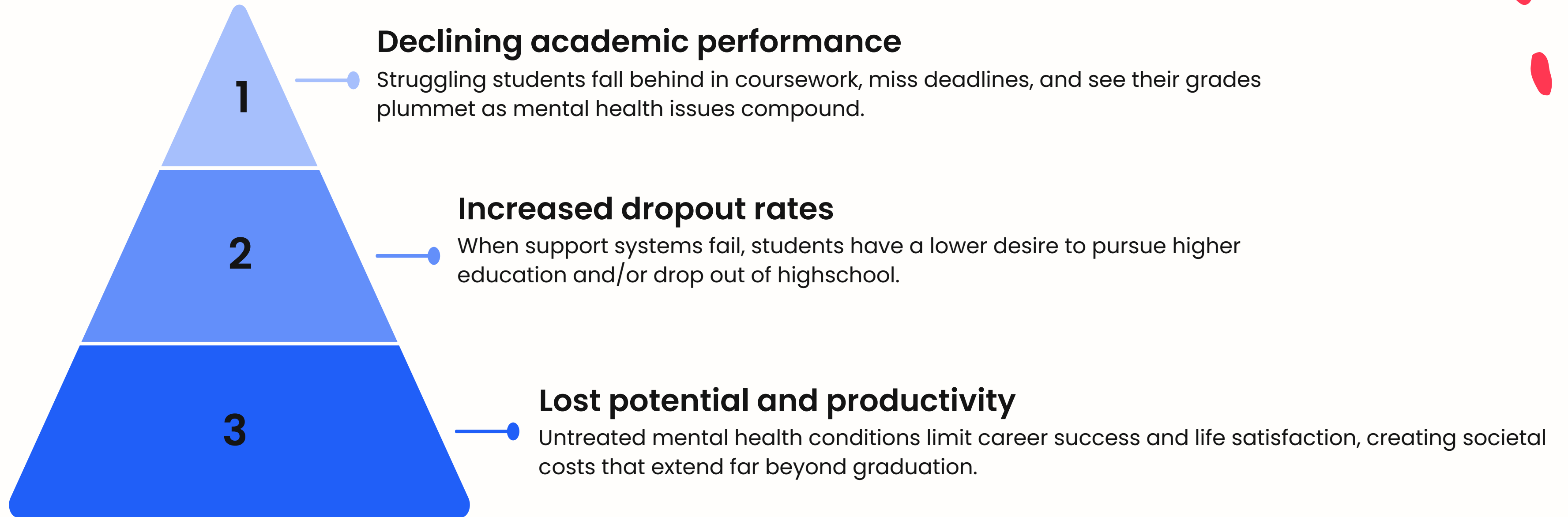
Financial stress and uncertainty

Constant economic instability to create constant worry about affording education and future stability.



THE COST OF INACTION

IGNORING STUDENT MENTAL HEALTH WILL CREATE FAILURES



A MULTI-PRONGED APPROACH IS NEEDED



No single solution can address the complexity of student mental health. Effective intervention requires combining institutional resources, peer-to-peer support, digital accessibility, and academic flexibility. Each component strengthens the others, creating a safety net that catches students before they fall through the cracks.



SOLUTION 1: PEER SUPPORT NETWORKS

Trained student listeners provide round-the-clock support through programs like Active Minds and NAMI on Campus. These peer networks reduce stigma by connecting struggling students with relatable mentors who understand campus life. Unlike professional counseling, peer support offers immediate, judgment-free conversation that can prevent crises and guide students to appropriate resources. The power lies in shared experience—knowing someone who's been there and made it through.



HOW PEER SUPPORT WORKS

01

Student reaches out

Via mobile app or in-person drop-in hours, students initiate contact when they need someone to talk to.

02

Matched with trained peer

Within minutes, they're connected with a fellow student who's completed mental health first aid training.

03

Receive support and referral

After a confidential conversation offering validation and coping strategies, students are guided to professional resources if needed.



SOLUTION 2: MENTAL HEALTH APPS

01 Headspace and Calm

Guided meditation and mindfulness exercises help students manage stress, improve sleep quality, and build emotional resilience through daily practice.

02 Crisis Text Line

Crisis Text Line provides immediate intervention for mental health emergencies.



CONTINUED DIGITAL ACCESS

→ Available 24/7 on devices

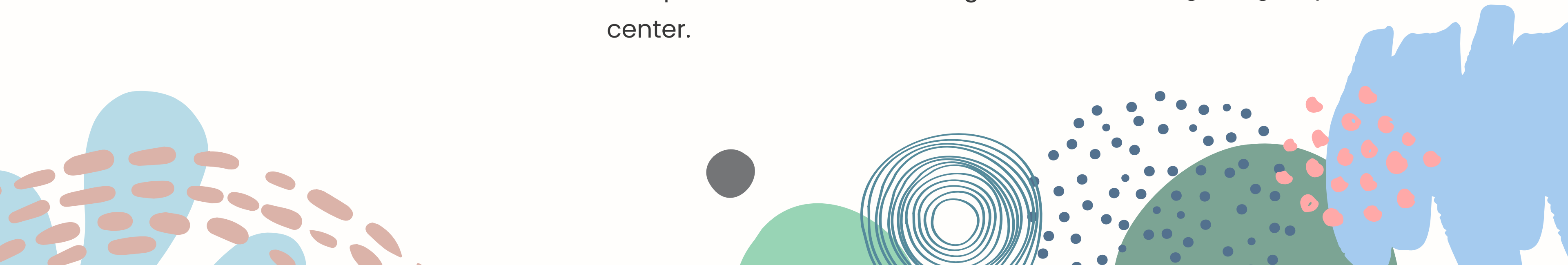
Students access support anytime, anywhere, directly from their smartphones.

→ Lower barrier than in-person

No need to schedule appointments weeks in advance or navigate campus to find the counseling center.

→ Reduces stigma

Anonymous app usage eliminates fear of judgment, making it easier for students to take the first step toward getting help.



SOLUTION 3: CAMPUS WELLNESS PROGRAMS

Embedded student counselor breaks within certain weeks

Stations during advisoy time where we remove logistical barriers and normalize seeking help within the community.

Therapy dogs and stress-relief events

Pet therapy, art workshops, and mindfulness sessions provide accessible decompression outlets during high-stress periods like finals week.

Wellness days and mental health breaks

Scheduled academic pauses signals that mental health is a priority, giving students permission to rest without falling behind.

Mindfulness workshops and yoga classes

Regular programming teaches practical stress management techniques students can incorporate into daily routines for long-term resilience.



BUILDING COMMUNITY THROUGH SHARED SPACES

Physical environments that foster
connection and calm



SOLUTION 4: SOCIAL CONNECTION INITIATIVES

Structured club and activity fairs

Organized events introduce students to hundreds of interest-based communities, making it easier to find their people and build friendships around shared passions.

Study group sessions

Coordinated times by the school for students to gather and study together, so they are able to uplift and support one another during academically challenging times.

These initiatives combat isolation by creating multiple entry points for connection. Students need repeated, low-stakes opportunities to meet peers in contexts where friendships can naturally develop over time.



COMPARING TRADITIONAL VS. MODERN APPROACHES



Traditional Model

Counseling center appointments only. Students wait weeks for intake, visit an isolated building off-campus, and receive limited sessions. Reactive crisis response waits for students to reach breaking point before intervening. Mental health remains siloed from academic and residential life.

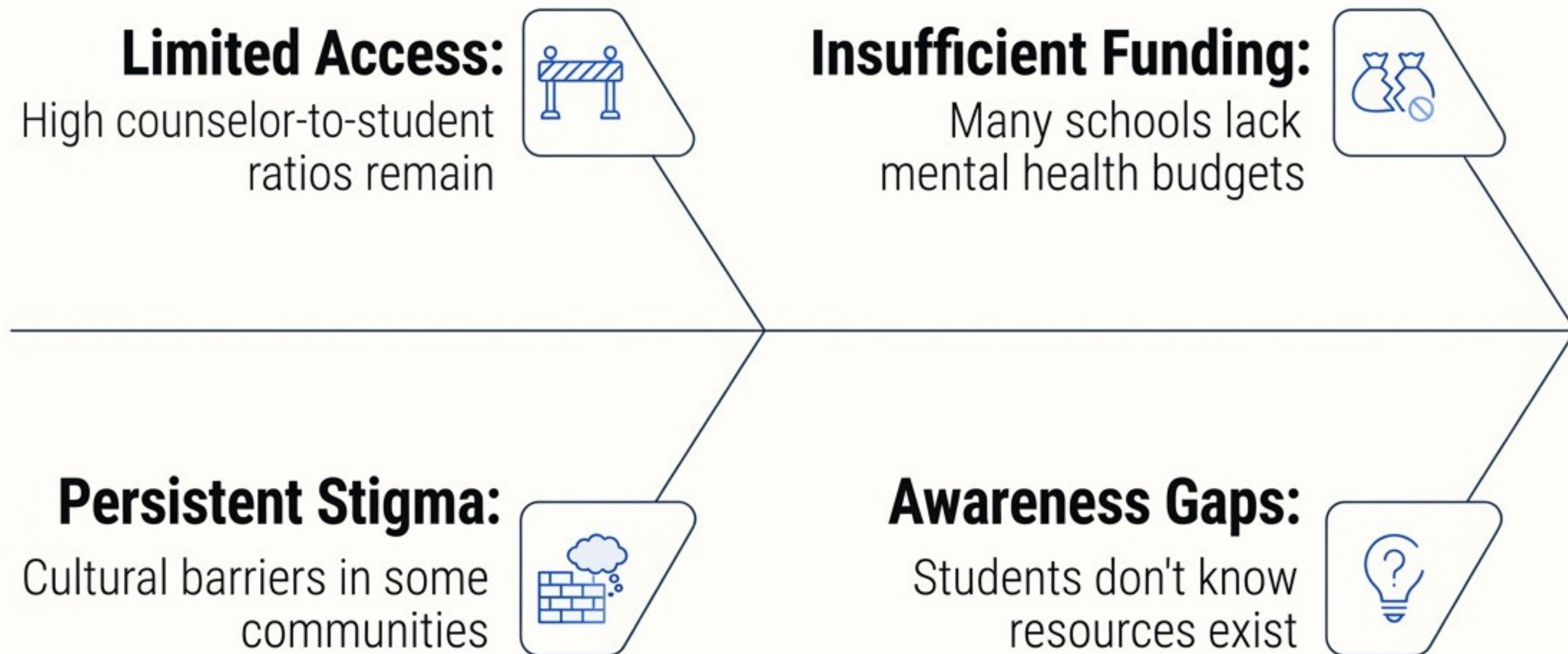


Modern Integrated Approach

Peer support programs, highlighting a more social environment, peer to peer mentorship, and counselor assigned time. Proactive wellness education teaches coping skills before crises occur. Mental health integration normalizes seeking help as part of student success.

BARRIERS WE STILL FACE

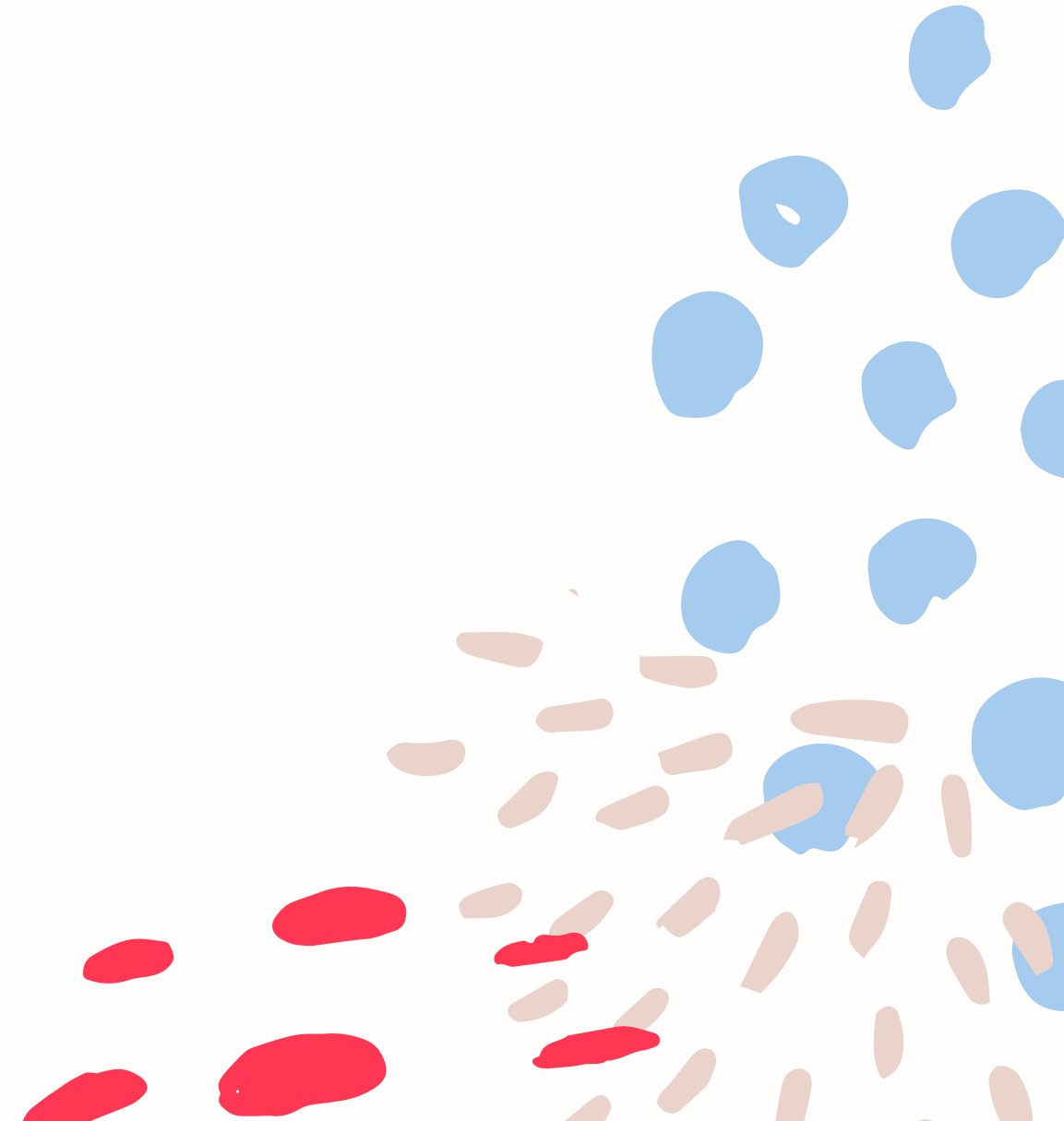
Despite progress, significant obstacles remain





TOGETHER, WE CAN TURN THE TIDE

Every student deserves support. The solutions exist in so many different forms. Now we must implement them at scale. Your voice and action matter. Together, we can build campuses where every student has the support they need to thrive.





THANK YOU & CONTACT INFORMATION

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