

FROM AWARENESS TO ACTION

THE IMPERATIVE
FOR ENHANCED
MENTAL HEALTH
SUPPORT AT HBCUS



UNCF
Institute for
Capacity Building



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INTRODUCTION:

MENTAL HEALTH IS A DEFINING ISSUE OF OUR TIME.

According to the World Health Organization¹, mental health is a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community.

Mental health includes our emotional, psychological and social well-being, affects how we think, feel, and act, and helps determine how we handle stress, relate to others, and make healthy choices. According to the Centers for Disease Control², more than 1 in 5 adults in the United States live with a mental illness. The consequences are not limited to mental well-being, as poor mental health increases the risk for many types of physical health problems, including diabetes, heart disease and stroke.

The demand for mental health services³ is stronger than ever, with nearly six in 10 Americans seeking or wanting to seek mental health services for themselves or their loved ones. 76 percent of Americans believe mental health is just as important as physical health. Alarming, in 2022, CNN and the Kaiser Family Foundation reported that 90 percent of adults believe that mental health is a crisis⁴ in the United States.

90% OF ADULTS BELIEVE THAT MENTAL HEALTH IS A CRISIS IN THE UNITED STATES.

DISPARITIES

EXPERIENCED BY BLACK AMERICANS IN ACCESSING MENTAL HEALTH TREATMENT

Within the Black community, this defining era in mental health must reckon with longstanding disparities faced by the Black community in both access to quality health care and long term health outcomes. Consider the following facts⁵:



Black adults in the United States are more likely than white adults to report **persistent symptoms of emotional distress**, such as sadness and feeling as if everything is an effort.



Black adults living **BELOW THE POVERTY LINE** are more than twice as likely to report **serious psychological distress** than those with more financial security.



Despite the need, only one in three Black adults with mental illness **receive treatment**.



According to the American Psychiatric Association, Black Americans are less likely to receive guideline-consistent mental health care, less frequently included in mental health research, and **more likely to use emergency rooms** for treatment of mental health symptoms.



The National Alliance on Mental Health also identified **socioeconomic disparities, stigma, provider bias and inequality of care** as barriers that prevent treatment of mental health for the Black community.



HBCUS:

AN ANCHOR FOR COMMUNITY EMPOWERMENT.

Since the first HBCU was founded in 1837, HBCUs have served as vital pathways for the empowerment and uplift of Black Americans, not only to provide opportunities for higher education and upward mobility but also to serve as safe places for building cultural communities, promoting identity formation, and encouraging self-actualization amidst drastic societal challenges. As a result, Black college graduates who attended HBCUs are more likely to be thriving⁶ in every state of well-being (physical, social, financial, purpose, and community) than Black college graduates who did not attend HBCUs.

**BLACK COLLEGE GRADUATES WHO ATTENDED HBCUS ARE
MORE LIKELY TO BE THRIVING IN EVERY STATE OF WELL-BEING.**

HBCU MENTAL HEALTH INSIGHTS:

PRIORITIZING MENTAL HEALTH AND WELL-BEING FOR THE STUDENTS AND COMMUNITIES THEY SERVE.

Established in 1944, UNCF (United Negro College Fund) has deep roots in the Black community and continues to uphold the legacy of service and excellence within Historically Black Colleges and Universities (HBCUs). In 2020, catalyzed by the multitudinous impacts of the coronavirus pandemic, UNCF launched an effort through its Institute for Capacity Building to understand and respond more effectively to the impact of the country's emerging mental health crisis on

Historically Black Colleges and Universities (HBCUs). This report summarizes lessons learned through UNCF's engagement of stakeholders across the HBCU ecosystem as they sought to address mental health challenges faced by HBCU students, faculty and administrators. By building on these lessons, HBCU leaders, partners, researchers and champions can ensure that mental health and well-being are prioritized for HBCUs and the communities they serve.

INSIGHT #1

HBCUS ARE NOT IMMUNE FROM THE MENTAL HEALTH ISSUES IMPACTING THE REST OF HIGHER EDUCATION.

INSIGHT #2

ROOTED IN LONGSTANDING TRADITIONS OF HOLISTIC SUPPORT, HBCUS ARE ACTIVELY PURSUING STUDENT-CENTERED SOLUTIONS TO ADDRESS MENTAL HEALTH NEEDS.

INSIGHT #3

BUILDING CULTURALLY RESPONSIVE, SAFE SPACES MAKES A DIFFERENCE WHEN CONNECTING HBCU STAKEHOLDERS TO MENTAL HEALTH RESOURCES.

INSIGHT #4

HBCUS ARE LEADING INNOVATIVE PRACTICES THAT CAN SHAPE HIGHER EDUCATION'S RESPONSE TO THE MENTAL HEALTH CRISIS.

INSIGHT #5

THE NEXT ERA OF MENTAL HEALTH ACTIVATION ON BLACK COLLEGE CAMPUSES IS ON THE HORIZON.

INSIGHT #1

HBCUS ARE NOT IMMUNE FROM THE MENTAL HEALTH ISSUES IMPACTING THE REST OF HIGHER EDUCATION.

5,000 HBCU students to formulate a better understanding of how its group of member institutions should strategize to meet the unprecedented challenges caused by the virus. In that survey,

37%

OF HBCU STUDENTS WHO RESPONDED REVEALED A RECENT DECLINE IN THEIR MENTAL HEALTH.

In response to the emerging perspectives and needs of HBCU students, faculty and administrators, UNCF launched a series of activities designed to mitigate mental health disparities within the HBCU community through a strategic, multi-pronged approach focused on cultural relevance, accessibility and research.

After establishing these goals, UNCF entered into its first strategic mental health partnership with The



Steve Fund, the nation's premier organization focused on supporting the mental health and emotional well-being of young people of color. Building upon the foundational information received in its 2020

survey, UNCF and The Steve Fund conducted a set of student and faculty/administrator surveys⁷ centered on mental health in 2021. The survey received responses from 342 students and 419 faculty and staff from 47 HBCUs, enabling a deeper understanding of the mental health landscape within these institutions.

The findings of the surveys underscored the need for

THROUGH ITS MENTAL HEALTH INITIATIVES, UNCF SET OUT TO ACCOMPLISH FIVE KEY OBJECTIVES.

- 1** Conduct a comprehensive assessment of the **state of mental health** in the HBCU community.
- 2** Establish strategic **collaborative partnerships** with mental health subject-matter experts.
- 3** Provide **training and resources** to reduce mental health stigma in the HBCU community.
- 4** Execute a comprehensive **research plan** to ground future action in HBCU insights.
- 5** Disseminate research findings to **promote awareness and policy action** that positively impact mental health on Black college campuses.

tailored mental health solutions on HBCU campuses. Students, faculty, and staff at participating HBCUs identified stress, anxiety and depression as the top three mental health concerns for students at their institutions, mirroring the top mental health challenges identified at other higher education institutions. When faced with mental health challenges, HBCU students were most likely to rely upon their closest relationships for support. More than 65% of students surveyed indicated that they would engage friends and family members first during a mental health crisis, emphasizing the importance of

fostering supportive social networks between HBCU staff and students experiencing mental health issues.

A large majority of student, faculty and administration respondents (70%) sought to keep themselves informed of mental health and well-being resources and events offered on campus. Given the widespread need, UNCF and the Steve Fund began to identify opportunities to expand access to mental health tools, resources and best practices.

The global coronavirus pandemic caused a complete

+65% OF HBCU STUDENTS SURVEYED WOULD ENGAGE FRIENDS AND FAMILY MEMBERS FIRST DURING A MENTAL HEALTH CRISIS.



INSIGHT #2

ROOTED IN LONGSTANDING TRADITIONS OF HOLISTIC SUPPORT, HBCUS ARE ACTIVELY PURSUING STUDENT-CENTERED SOLUTIONS TO ADDRESS MENTAL HEALTH NEEDS.

disruption to HBCU students' way of life. Concurrently, the nation entered an intensified period of social and political unrest, catalyzed by the racial reckoning following the murder of George Floyd. The combination of these factors correlated with heightened anxiety and depression among HBCU students who were forced to grapple with isolation, economic upheaval, disruption of normal patterns of work and family, and the needs of surrounding communities who were also overwhelmed by the pressures of the pandemic. In the face of these turbulent times, HBCUs remained resilient and were able to leverage existing programs, provide innovative resources, and utilize new partnerships to serve their students and communities.

In 2022, UNCF and

Active Minds partnered to advance awareness and understanding of mental health innovation within the HBCU community. Active Minds is a leading non-profit organization dedicated to promoting mental health awareness and providing resources for mental health support, with an emphasis on mobilizing youth and young adults. With a mission to reduce stigma and encourage open conversations, Active Minds is a pivotal force in fostering a supportive mental health community. Together, Active Minds and UNCF implemented qualitative survey instruments and informational interviews with leaders at 10 participating HBCUs. This collaborative endeavor culminated in the identification of eight strategies that had been successfully implemented on a variety of HBCU campuses to promote student mental health and well-being.



These strategies⁸ were detailed in a report released by UNCF and Active Minds in 2023 and shared broadly with the field through webinars and conferences. By deliberately recognizing and amplifying HBCUs' efforts in fostering a holistic learning environment, these strategies serve as a model for all higher education institutions seeking to address disconnects between students and the mental health resources on their respective campuses.



HBCU MENTAL HEALTH STRATEGIES

- 1 Develop Systems-Level Campus Strategies
- 2 Build and Leverage Partnerships
- 3 Increase Access to Mental Health Supports
- 4 Promote Campus Mental Health Resources Effectively
- 5 Center Student Voices
- 6 Create a Culture of Caring between Students and Faculty/Staff
- 7 Educate Campus Community Members
- 8 Assess Campus Needs

Lessons from Black Colleges on Mental Health and Wellbeing

Practical Approaches for Historically Black Colleges and Universities to Support Student Belonging and Mental Health

BLACK COLLEGE MENTAL HEALTH IN ACTION



COPPIN STATE UNIVERSITY acknowledged the importance of updating its website regularly to reflect changes in mental health resources and concerns on campus, ensuring students have easy access to support services. By prominently featuring contact information, location, and office hours, alongside links to referral forms and detailed counseling information, the university aimed to provide comprehensive resources to its student population.



DENMARK TECHNICAL COLLEGE and their Office of the President fostered individual connections with incoming students through personalized emails and providing the President's personal cell phone number for further communication. Additionally, administrators demonstrated support for students by attending campus-wide activities, including sporting events, showcasing their dedication beyond academic settings.



LINCOLN UNIVERSITY OF PENNSYLVANIA recognized the importance of virtual mental health services, particularly during the COVID-19 pandemic, to increase access for its diverse student body. Implementing teletherapy allowed for greater flexibility in scheduling appointments and expanded the pool of mental health professionals, providing students with options that better reflect their backgrounds and perspectives, including professionals of color.



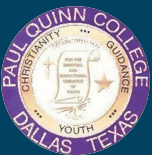
JACKSON STATE UNIVERSITY paired first-year students with upperclassmen mentors to provide support, fostering a sense of belonging and aiding in retention and skill development. Additionally, the university offered students access to administration through monthly meetings and town halls, facilitating dialogue and understanding of campus mental health priorities.



BLACK COLLEGE MENTAL HEALTH IN ACTION



MORGAN STATE UNIVERSITY implemented a referral system allowing students to submit concerns, with appropriate follow-up resources provided, including a multidisciplinary Behavior, Emergency Assessment And Response (BEAR) team that manages referrals, assesses threats, and offers support based on a detailed protocol during crises. The institution also established a Mental Health Task Force composed of faculty and staff from various departments to assess mental health services and programs holistically.



PAUL QUINN COLLEGE formed a partnership with the University of Texas Southwestern Medical School, allowing psychiatry students to provide weekly mental health services on campus. This arrangement benefited both institutions, as medical students gained residency experience while Paul Quinn students gained access to essential mental health support despite limited on-campus professional resources.



RUST COLLEGE facilitated barbershop talks to create a supportive environment for male students to discuss openly traditionally taboo topics such as mental health. The institution invited local barbers and shop owners to campus to provide free haircuts while initiating dialogue on grooming, well being, self-care and goal setting.



XAVIER UNIVERSITY OF LOUISIANA created Peer Health Educators, a diverse group of students, advocate for and promote healthy choices, personal well-being, and community safety within the XULA community. Through leadership, education, and awareness, Peer Health Educators provided quality, innovative, and inclusive workshops, services, and events to meet the health needs of XULA students, offering support on emotional issues and connection to campus resources.



INSIGHT #3

BUILDING CULTURALLY RESPONSIVE, SAFE SPACES MAKES A DIFFERENCE WHEN CONNECTING HBCU STAKEHOLDERS TO MENTAL HEALTH RESOURCES.

UNAPOLOGETICALLY WHOLE

To foster a deeper sense of community within the student populations at HBCUs, UNCF partnered with The Steve Fund to host the **Unapologetically Whole: 2022 Student Conference** with sessions tailored to the unique experiences of Black college students. The programmatic focus of the conference, which was featured in *Diverse Education*⁹, was to create a space that empowered students to consider approaches to improve their mental health while navigating intersectionality.

According to the American Psychological Association, Black students experience disproportionate exposure to traumatic events, which can have significant mental health implications. This is further exacerbated for students at the intersection of multiple underrepresented groups. Black students whose identities reflect intersectionality (LGBTQ+, Black women, etc.) report experiencing stressors¹⁰ such as identity development, stigma, ostracization, discrimination, and other adverse experiences, as well as the pressure of success in education while facing internalized oppression and structural violence.

"I really appreciated the practical strategies and the honest conversations... I really appreciated that transparency in the conversation on HBCU culture (and) LGBTQ students."

— HBCU Student and Conference Attendee



During the Unapologetically Whole Conference, the topic of intersectionality was addressed holistically and in the unique context experienced by HBCU students. In addition to panel conversations on the topic, students received training on tactics to improve their own mental health, including a booklet that could be shared with others. The conference also included follow-up seminars and workshops for students, faculty and administrators.

UNAPOLOGETICALLY WHOLE 2022: STUDENT SURVEY

Students who attended the Unapologetically Whole 2022 conference were surveyed regarding their responses to the summit's presentations and impact.

"This was one of my first mental health conferences. I did not have any expectations but was very pleased with the set-up of the conference as well as the content presented. I would like to continue to attend future conferences and share (the information) with my peers."

— HBCU Student and Conference Attendee

98% agree that they are motivated to advocate for greater mental health awareness and more resources at their institutions.

98% agree that they learned at least one method, resource, etc., that they will share with others to encourage and/or support their mental health and emotional well-being.

97% agree that they are more aware of the needs of HBCU and PBI students overall and have a better understanding of how to help others in their school communities.

84% agree that they are more aware of their mental health needs and have a better understanding of when they may need to seek help to optimize their mental health.

UNAPOLOGETICALLY FREE

In 2023, UNCF launched the Unapologetically Free Campaign, a national effort dedicated to addressing the mental health needs of Black students and faculty on Black college campuses. At its core, the Unapologetically Free Campaign emphasized the pivotal role of strategic partnerships in providing culturally comprehensive solutions to mental health needs within HBCUs and Predominantly Black Institutions (PBIs). Collaborations with Active Minds, the Healthy Minds Study, The Steve Fund, Thurgood Marshall College Fund and a range of institutional subject matter leaders and champions helped amplify the public awareness campaign while connecting new audiences to reports, surveys, workshops, and webinars focused on uplifting mental

health. Unapologetically Free underscores the impact of mental health initiatives that are developed with an appreciation and a respect for experiences specific to Black students and faculty at HBCUs and PBIs.

Based on the success of the first student conference and the feedback from participants, UNCF again partnered with the Steve Fund to host a second student conference in Spring 2023. The conference welcomed Black students from 58 HBCUs and PBI institutions to participate in thoughtful and insightful conversations. Attendees heard from and engaged with panelists in discussions centered on being “free” in different aspects of their lives.

BLACK STUDENTS FROM 58 HBCUS AND PBI INSTITUTIONS PARTICIPATED IN THOUGHTFUL AND INSIGHTFUL CONVERSATIONS ABOUT BEING FREE BY:

- FOCUSING ON SELF-CARE
- ENGAGING IN COMMUNITY CARE
- PRACTICING AUTHENTICITY AT WORK
- NAVIGATING BEING FREE AT HOME
- BEING FREE IN THEIR COLLEGE CAMPUS ENVIRONMENTS
- ALLOWING THEMSELVES TO GRIEVE
- LEARNING TO ASK FOR HELP WITHOUT FEAR

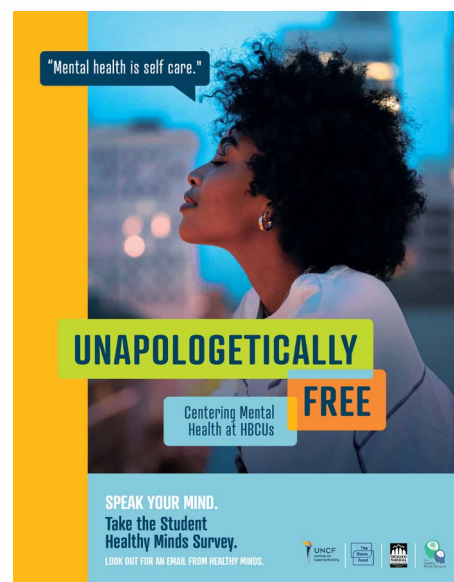
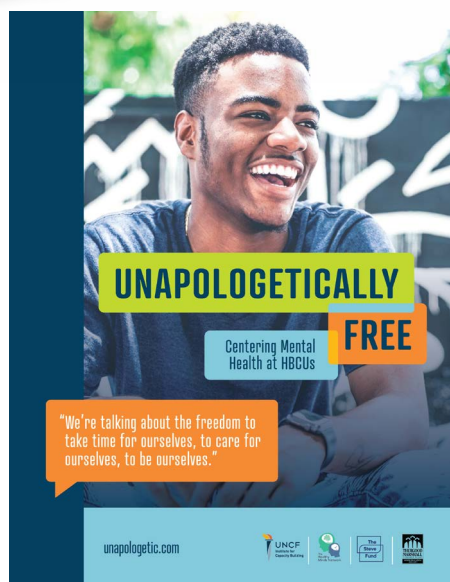
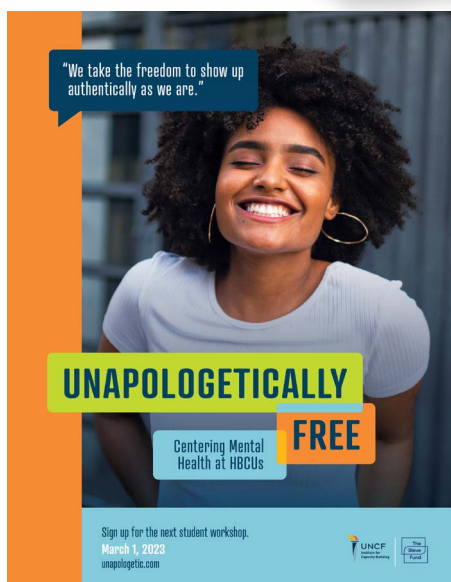
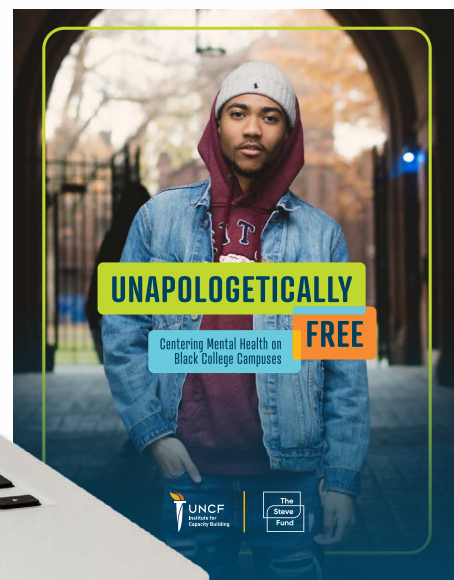
UNAPOLOGETICALLY FREE

Centering Mental Health on Black College Campuses



100% OF PARTICIPANTS WHO TOOK THE POST-CONFERENCE SURVEY SAID THAT THEY WERE “VERY LIKELY” TO INCORPORATE THE MENTAL HEALTH AND WELLNESS PRACTICES LEARNED IN THE CONFERENCE INTO THEIR EVERYDAY LIVES.

THE UNAPOLOGETICALLY FREE CAMPAIGN



UNAPOLOGETICALLY

FREE

Centering Mental Health on Black College Campuses

BE UNAPOLOGETICALLY FREE!

For webinars, toolkits and resources, visit unapologetically-free.org



INSIGHT #4

HBCUS ARE LEADING INNOVATIVE PRACTICES THAT CAN SHAPE HIGHER EDUCATION'S RESPONSE TO THE MENTAL HEALTH CRISIS.

When addressing the challenges of mental health on their campuses, institutional leaders often struggle to identify partners who are equipped to respond to the unique perspectives and lived experiences of the students they serve. According to the American Psychological Association, just 5% of the psychology workforce is Black, while 80% is white. These statistics highlight the challenge HBCUs face when seeking culturally competent mental health subject matter expertise.

To advance its work to advance engagement on mental health issues in the Black college arena, UNCF created its own mental health advisory board. Establishing the advisory board ensured that UNCF could draw upon culturally responsive expertise from across the mental health landscape in support of its network of institutions.

Grounded in their own expertise, the advisory board advised UNCF on program development, contributed to planning new initiatives, shared insights on the development of research agendas and helped raise awareness of mental health supports within academic institutions.

In collaboration with the advisory board, UNCF prioritized its annual UNITE summit as a platform to share knowledge of promising mental health practices across the HBCU ecosystem. UNITE, the nation's premier gathering convening HBCU thought leaders and strategic partners, seeks to accelerate strategies within Black higher education while building on the legacy of transformation at Black colleges and universities. Mental health was among the most popular learning tracks during the 2022 and 2023 UNITE summits.

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FROM AWARENESS TO ACTION THE IMPERATIVE FOR ENHANCED MENTAL HEALTH SUPPORT AT HBCUS

UNITE FEATURED MENTAL HEALTH SESSIONS

SOURCED FROM LEADERS ACROSS BLACK HIGHER EDUCATION, PROGRAMMATIC HIGHLIGHTS REVEALED KEY AREAS OF FOCUS FOR BLACK COLLEGE LEADERS SEEKING TO ADVANCE THE CAUSES OF MENTAL HEALTH ON THEIR CAMPUSES:

Equip Campus Mental Health Advocates with “Toolkits”

In the workshop titled “Stay Ready So You Don’t Have to Get Ready: Building a Mental Health Toolkit,” educators were provided with hands-on guidance to become well-equipped mental health advocates. The session addressed the challenges faced by Black students in accessing mental health resources and support during their college experience. Through interactive activities, attendees developed a toolkit to mitigate students’ mental health crises and learned methods to guide them to available resources tailored to their needs.

Build Inclusive and Supportive Campus Environments

In the breakout session “Lifting as We Climb: The Case for Trauma-Informed Leadership,” strategies for fostering trust and supporting the mental health and emotional well-being of campus community members were discussed, focusing on post-traumatic growth and addressing mental health challenges through an intersectional lens. Presenters emphasized the importance of creating an inclusive and supportive environment, considering the diverse traumatic experiences that students, faculty, and staff may encounter.

Explore Non-traditional Approaches to Mental Health

In the presentation titled “From Your Lips to God’s Ears: Approaches to Supporting Student Mental Health,” panelists discussed the historical role of faith in mental health and well-being within the Black community. Recognizing the potential limitations of counseling centers in addressing the increasing mental health needs of students, the presentation focused on non-traditional healing approaches and highlighted the importance of collaboration between campus units, student leaders, and community partners to enhance support for students.

Emphasize the Importance of Self Care and Boundary Setting

In the interactive, research-based discussion, “The Mental Health Effects of Being ‘Twice as Good,’” participants explored the generational saying “you have to be twice as good to go half as far.” The session provided a safe space for individuals to check in with themselves, understand methods for decompression, and establish boundaries to address burnout, depression, exhaustion, and resentment resulting from the pursuit of excellence. Additionally, panelists presented strategies for updating the narrative when interacting with students.



INSIGHT #5

THE NEXT ERA OF MENTAL HEALTH ACTIVATION ON BLACK COLLEGE CAMPUSES IS ON THE HORIZON.

As HCBUs increasingly center mental health supports on their campuses, they will benefit from opportunities to explore new insights on the attitudes and mindsets that will best engage and empower their students, faculty, administrators and communities. Gaining these insights will require new investments, collaborations and partnerships.



In 2023, UNCF partnered with the Healthy Minds Network to undertake a groundbreaking effort to understand the state of mental health among Black college and university students. The Healthy Minds Network was created at the University of Michigan in 2007 and conducts the largest and most comprehensive national study on college student mental health in the United

States. Unfortunately, just a small fraction of HBCU and PBI institutions have participated in this survey since its inception.

Using the Healthy Minds traditional modules as a foundation, the partnership created the first Black college student mental health module to understand the particular dynamics of student mental health on HBCU and PBI campuses. To develop the module, UNCF engaged its Frederick D. Patterson Research Institute, Healthy Minds and The Steve Fund. Together, these partners investigated investigate various programs and research studies to gain a deeper understanding of research constructs that could inform future interventions.

AREAS OF INQUIRY IDENTIFIED AS CRITICAL TO THE BLACK COLLEGE STUDENT MENTAL HEALTH MODULE INCLUDE:

- STIGMA
 - ATTITUDES TOWARDS MENTAL HEALTH RESOURCES
 - KNOWLEDGE OF SYMPTOMS OF EMOTIONAL DISTRESS
 - STUDENT COMFORT WITH SUPPORTING PEERS AND FRIENDS WHO MAY BE EXPERIENCING EMOTIONAL DISTRESS
-

The team then researched existing measures that addressed those areas of inquiry and developed survey measures to fill existing gaps in the literature.

Over the course of the spring and fall 2023 semesters, 19 HBCUs and PBIs administered the new Black college mental health module to students on their campuses. In Fall 2024, UNCF plans to publish a comprehensive report aimed at bridging critical gaps in the prevailing understanding of the mental health of Black college students.

UNCF is also participating in new methods to engage HBCU stakeholders to address mental health needs on their campuses:

Mental Health Awareness

In May 2024, UNCF joined MTV and Active Minds in the

A.S.K. campaign, an effort to introduce a new emotional support framework to young people across the country¹¹. UNCF is among ten national organizations – including the Association of College and University Housing Officers, City Year, Hillel International, NASPA and others – committed to amplifying A.S.K. during the 2024–2025 academic year. A.S.K. is an acronym that encourages students to Acknowledge individuals in their lives who may be struggling, offer Support where possible, and Keep in Touch with those individuals to maintain a sense of community.

Coaching Capacity Building

In partnership with national coaching organization

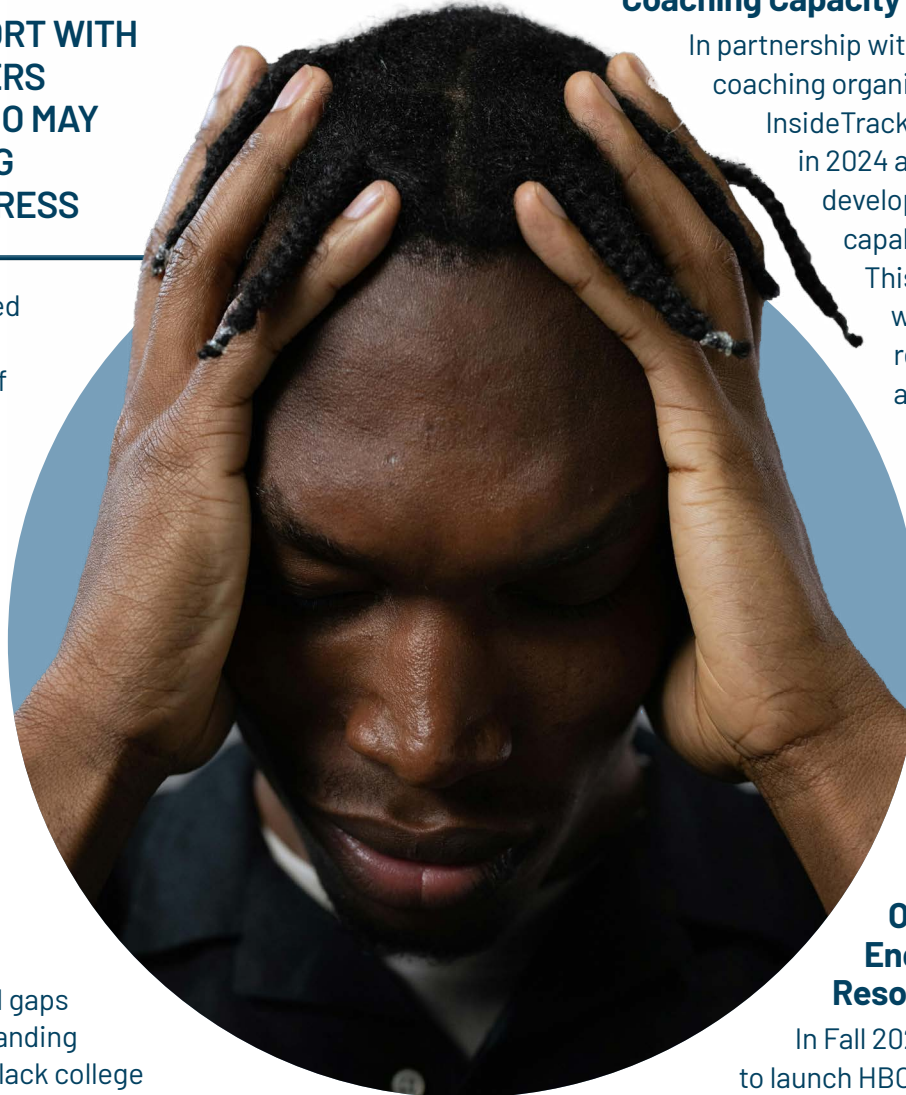
InsideTrack, UNCF launched in 2024 an effort to support development of coaching capabilities at HBCUs.

This new program will provide resources, training and certification to HBCU practitioners around the country to support a holistic method of engagement with the next generation of HBCU students¹².

Online Engagement and Resources

In Fall 2024, UNCF plans to launch HBCUv, the first online learning platform developed

by and for Historically Black Colleges and Universities¹³. The platform includes The Yard, a social engagement space meant to build connections between students, faculty and staff to each other, and My Path, a resource hub for students that will include mental health resources.





CONCLUSION:

A MIND IS A TERRIBLE THING TO WASTE

The 2020 pandemic was among the most significant events in world history, impacting every facet of society. Among its most profound outcomes has been the emergence of mental health as a key priority in community, social and educational organizations, including each part of the higher education system. In this transformative moment, the commitment of HBCUs to the mental health and well-being of their students, faculty and administrators has been pivotal, as they supported historically marginalized communities in their response to rapidly changing environments, along with the continuation of longstanding trauma and injustice.

Black colleges and universities have always stood at the forefront, creating safe spaces for meaning and belonging for communities otherwise excluded from the social systems that enable health, well-being and fulfillment. By prioritizing strategic partnerships and necessary resources, HBCUs can effectively champion comprehensive approaches to mental health, helping these storied institutions embrace the next generation of learners and educators.

UNCF is committed to a networked approach to the transformation of Black colleges and universities. HBCUs will go further faster if they do so together with the backing of funders, researchers, advocates, champions and community members, all dedicated to the mental health and well-being of HBCU students and all who serve them. The lessons learned about mental health in the aftermath of the pandemic will be an integral part of the journey to deliver the promise of Black higher education. After all, “A mind is a terrible thing to waste.”



ABOUT US

UNCF'S INSTITUTE FOR CAPACITY BUILDING

UNCF (United Negro College Fund) is the nation's largest and most effective minority education organization. UNCF's Institute for Capacity Building partners with Black higher education institutions to support their transformation and continual innovation—all to propel student success, community advancement and the fight for educational equity and racial justice.

Learn more at [uncf.org](https://uncf.org/ficb).

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