NEW JERSEY OFFICE OF THE SECRETARY OF HIGHER EDUCATION | Uwill

Three Years of Impact: New Jersey's Statewide Student Mental Health Initiative

Data April 1, 2023 - March 31, 2026

As the first and only state in the nation to launch a comprehensive, statewide teletherapy initiative[1], New Jersey is leading the way with its 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. 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

Wellness - study skills, stress management, student leader support, career readiness



participating institutions

23,295
students served

45
institutions

9.6/10
student feedback rating

5
sessions per student on average

114,537
therapy sessions

10,635
messages

730
chats

2,098
crisis connections

New Jersey's partnership with Uwill has reduced financial barriers to care:

$2.3M – $5.7M[3]

saved in estimated out-of-pocket therapy costs for students

Support for Mental Health Addresses Barriers to Persistence and Completion[4]

- **1 in 3 students** consider stopping out of college
  - **49%** cite emotional stress
  - **41%** cite personal mental health reasons

according to national data

> This work is expanding access to care, strengthening campus communities and reinforcing a sense of belonging, all of which is important to student success.
>
> **Margo Chaly**
> Acting Secretary of Higher Education
>
> Spring 2026[5]

Expanding Access for New Jersey's Diverse Student Population[6]

85% of students seek BIPOC therapists

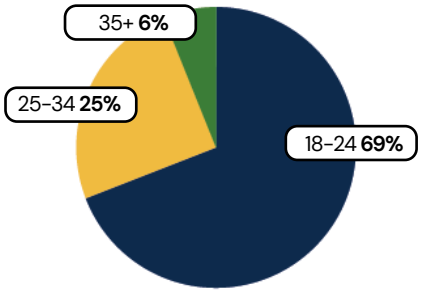
17% seek therapists offering care in languages other than English

Top languages students search include: Spanish, Hindi, Arabic, Mandarin, Creole

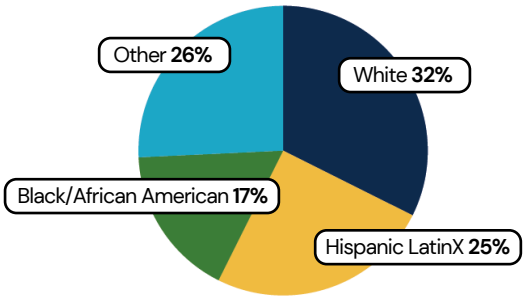
Uwill's New Jersey counselor community is **100% licensed, 55% BIPOC** and speaks **14 languages**

including Arabic, American Sign Language, Creole, English, French, Hebrew, Hindi, Punjabi, Korean, Mandarin Chinese, Portuguese, Spanish, Russian, Turkish

Student Ages



Student Race/Ethnicity



Other includes Asian American, South Asian, Middle Eastern, African, West Indian Caribbean, East Asian, Southeast Asian, Indigenous

Top Focus Areas Searched:

1. Anxiety
2. Relationships
3. Depression
4. Stress
5. Academic Concerns

Top Wellness Programming Viewed:

- You Are Okay
- Yoga: Right Here, A Grounding Practice
- Bounce Back From Failure
- Repairing Fractured Relationships
- One-Minute Meditation

Student Support When and Where They Need It

31% of therapy sessions occured after hours

Monday through Friday 5PM - 9AM and weekends when traditional support services may not be available

Accessed in 10 states and 20 countries

Support worldwide, ensuring access for those studying abroad, taking classes online, traveling for athletics, visiting home during breaks, or interning in a new environment

Nearly 34,000 therapy sessions during typical breaks

Access to support 24/7/365 including summer and spring breaks and winter intersessions

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

> 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.
>
> **County College Administrator**

> 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**

[1] Uwill
[2] Therapy sessions include video and phone sessions. Chats are scheduled, synchronous sessions between students and providers. Messages are asynchronous notes students can send to providers after a meeting.
[3] Project Healthy Minds 2025 based on calculation using average insurance co-pay for therapy ranging from $20-50 for 114,537 therapy sessions.
[4] Gallup 2025
[5] OSHE/Uwill Spring 2026 Mental Health Virtual Convening
[6] Based on optional student self-reported data and search preferences