



# Innovative methods of applying psychological counseling to support mental health of college students

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**Abstract.** The continuous increase in mental health issues among college students has attracted widespread attention, and traditional mental health support models are no longer able to meet the requirements of mental health support for college students, which requires innovative methods. This article discusses the psychological health of college students to some extent, and on this basis, further explores innovative methods of psychological counseling based on technology, interdisciplinary cooperation and resource integration, as well as student participation and self-service support, in order to provide some reference for ensuring the psychological health of college students.

**Keywords:** psychological counseling; College students; mental health

## 1 Introduction

With the continuous development of society and the increasing pressure of learning in universities, the mental health issues of college students have become a focus of attention. In college life, students not only need to cope with academic challenges, but also face social pressure, life pressure, and anxiety from future uncertainty. Therefore, providing effective mental health support has become an urgent task for university administrators and educators.

## 2 Overview of Psychological Health of College Students

### 2.1 Common mental health issues

Firstly, anxiety and depression are one of the most common problems. Factors such as academic pressure, interpersonal relationships, and future employment may lead to students feeling frustrated and uneasy, and even develop into depression or generalized anxiety disorder. Secondly, students often face issues of self-identity and self-esteem. College life is a period of self exploration and development, but it can also lead to self doubt and insecurity. Again, social anxiety is also common, as students may feel afraid of social situations, worry about being evaluated or excluded,

and issues related to intimate relationships, such as love and friendship, may also pose challenges to students' mental health.

## **2.2 Analysis of pressure sources**

Firstly, academic stress is a major source of stress. Higher education typically requires students to handle a large number of academic tasks in a relatively short period of time, including courses, exams, papers, and projects. Academic challenges may lead to anxiety and tension. Secondly, interpersonal relationships are also one of the reasons for student stress. Students often need to adapt to new social environments and establish new friendships and interpersonal relationships in college. Social anxiety and loneliness may affect their mental health. Once again, future employment and career choices are also one of the sources of pressure for students. Students may feel uncertain about their future and worry about not finding their ideal job. Finally, students may also be affected by life events and family issues, such as family disagreements, illness or loss of loved ones <sup>[1]</sup>.

## **2.3 The impact of mental health issues on academic and daily life**

Firstly, mental health issues may have a negative impact on academic performance. When students face anxiety, depression, or other mental health issues, they often find it difficult to concentrate, handle academic tasks, and may even experience problems such as memory decline and decision-making difficulties, which have a direct adverse impact on their academic performance. In addition, mental health issues may also lead to student absenteeism, absence, and avoidance of academic responsibility, further exacerbating academic difficulties. Secondly, mental health issues can also have a negative impact on students' lives. Students may feel lonely and have no friends to rely on due to mental health issues, which can exacerbate their sense of social isolation. Depression and anxiety may lead to sleep problems, such as insomnia, which affects students' quality of life. Some students may also cope with psychological stress through unhealthy lifestyles, such as excessive consumption or abuse of drugs and alcohol, which may have a negative impact on their physical health <sup>[2]</sup>.

# **3 Technology based psychological counseling**

## **3.1 Construction and application of online psychological counseling platform**

Firstly, online psychological counseling platforms can increase the accessibility of mental health support. Students can access these platforms anytime, anywhere using smartphones, tablets, or computers, without the need for face-to-face appointments. This flexibility helps to meet students' busy curriculum and living arrangements, as well as their needs in emergency situations. Whether it's due to academic pressure, interpersonal problems, or emotional distress, students can easily obtain support through online platforms. Secondly, online psychological counseling platforms can

provide diverse support options. Students can choose to engage in text chat, audio call, or video conversation with a psychological counselor, and choose the most suitable communication method based on their comfort level. Finally, these platforms typically have guarantees of privacy and confidentiality. Students can share their emotional issues in a relatively anonymous environment without worrying about information leakage or social pressure. This privacy protection helps encourage students to actively seek support without being limited by worries and shame [3].

### **3.2 The Role of Mobile Applications in College Mental Health Support**

Firstly, mobile applications provide psychological support anytime, anywhere. Students can open the application anytime they feel the need, whether it's during class breaks, evenings, weekends, or holidays. This 24/7 availability helps meet students' psychological support needs in emergency situations or emergencies. Secondly, these applications typically provide personalized mental health resources and advice. By using students' personal data and feedback, the application can customize personalized mental health plans for them. This includes emotional assessments, emotional diaries, meditation exercises, self-help tools, and advice to help students better manage emotional issues and cope with stress. Finally, some applications also have interactive properties that can promote social support and mutual assistance among students. Students can join online social groups, discussion forums, or chat rooms to share experiences and establish connections with others with similar emotional experiences. This social interaction helps alleviate loneliness and increase social support [4].

### **3.3 The potential of artificial intelligence in psychological counseling**

Firstly, AI can be used to create virtual psychological mentors. These virtual agents can simulate real psychological mentors, engage in conversations with students, answer questions, provide support and advice. Through natural language processing and sentiment analysis techniques, AI agents can understand students' emotional states and provide targeted support as needed. This personalized interaction helps students receive psychological support in emergency situations and can be used anytime, anywhere. Secondly, AI can also be used to monitor students' mental health. By analyzing students' social media activities, online logs, text and voice recordings, AI can identify potential mental health issues and emotional fluctuations. This early intervention and monitoring helps to identify and address issues in advance, preventing further exacerbation of emotional problems. Finally, AI can also be used for mental health education and the development of self-service tools. It can provide customized advice, training, and resources to help students improve their emotional intelligence and ability to cope with stress [5].

## **4 Interdisciplinary cooperation and resource integration**

### **4.1 Interdisciplinary collaboration of mental health support teams**

Cross disciplinary cooperation plays a crucial role in the support of mental health in universities, integrating professional knowledge and skills from different fields into a team to more comprehensively meet students' mental health needs. The interdisciplinary collaboration of the mental health support team includes professionals from multiple fields such as psychologists, psychiatrists, social workers, drug therapists, and education experts. These experts collaborate to provide comprehensive mental health services aimed at helping students overcome emotional problems and psychological distress.

The advantage of interdisciplinary cooperation is that each professional can provide a unique perspective and professional knowledge. For example, psychologists can conduct psychological assessments and treatments, psychiatrists can provide medication, social workers can provide social support and resources, and education experts can assist students in managing academic stress. This collaborative model ensures that students receive the most appropriate and comprehensive mental health support to meet their different needs <sup>[6]</sup>.

### **4.2 Integrating internal and external resources to provide more comprehensive psychological counseling services**

Firstly, integrating internal and external resources can provide a wider range of professional knowledge and services. The school's internal mental health support team can provide routine psychological counseling and treatment, while off campus resources such as mental health institutions, social service organizations, and mental health professionals can provide more professional treatment and intervention to meet the more complex or serious emotional problems that students may face. Secondly, integrating internal and external resources can alleviate the pressure of mental health support. Schools typically face limited mental health resources, but by establishing connections with off campus partners, they can expand their resource pool and provide more support options. This collaboration also helps to reduce the workload of the mental health support team on campus, enabling them to better focus on the needs of students. Finally, integrating internal and external resources can also help meet the diverse needs of students. Different students may require different types of support, including psychotherapy, medication, social support, and educational resources. Integrating internal and external resources can ensure that every student can receive the specific support they need, thereby improving the personalized level of mental health support.

### **4.3 Cooperation between universities and medical institutions to promote students' mental health**

Firstly, cooperation between universities and medical institutions can provide broader medical support. Medical institutions usually have more medical resources and professional doctors, which can provide students with higher levels of psychological treatment, medication treatment, and physical health assessment. This collaboration can ensure that students receive timely and professional treatment when medical intervention is needed. Secondly, cooperation can also enhance the coherence of mental health services. Students may receive treatment between mental health support teams and medical institutions on campus, and collaboration can ensure that professionals in these two fields can share information, jointly develop treatment plans, and coordinate treatment processes. This helps to improve the effectiveness of treatment and student satisfaction [7].

## **5 Student participation and self-service support**

### **5.1 The importance of students' participation in mental health support**

Firstly, student participation can improve the accessibility of mental health support. Many students may not be willing to seek face-to-face psychological counseling due to time, privacy, or other factors, but by participating in mental health support programs, they can more easily obtain support. This approach makes mental health support more convenient and adaptable to students' needs, which helps to increase their motivation. Secondly, student participation helps establish social support networks. Psychological health issues are often related to social isolation and loneliness. By participating in mental health support activities and social groups, students can establish supportive social networks, share experiences and emotions with others, and alleviate psychological stress. This mutually supportive community helps to improve students' mental health levels [8].

### **5.2 Cultivate students' skills and awareness of self-service support**

Firstly, students can develop self-service skills by participating in mental health education courses and workshops. These courses typically provide training on emotional management, stress management, meditation, and self counseling skills. Students can learn how to identify and handle negative emotions, as well as how to establish positive mental health habits. These skills not only help solve problems, but also help prevent the occurrence of emotional distress. Secondly, schools can provide mental health resources and tools to help students better understand their emotional state. This includes online psychological assessments, mood diary applications, relaxation exercises, and self-service tools. Through these resources, students can independently monitor and manage their emotional health, identify problems in advance, and take action. Finally, student support groups and social interactions can also cultivate students' awareness of self-service support. Schools can encourage students to participate

in mental health promotion activities, social groups, or mutual assistance groups, share experiences with other students, and establish supportive social networks. This mutually supportive environment helps students better understand their emotional needs, while also providing support and advice <sup>[9]</sup>.

### 5.3 Utilizing social media and virtual communities for student support

Firstly, social media platforms can be used to create virtual communities for mental health support. Schools can establish specialized social media pages or groups for students to freely join. These social media communities can become places for students to share emotional experiences, support, and advice. Through social media, students can anonymously ask questions, receive encouragement, or share their success stories, thereby reducing psychological stress. Secondly, schools can also utilize virtual communities to provide online support and resources. Virtual communities can include online forums, chat rooms, blogs, and video resources to disseminate mental health knowledge and skills. These platforms can provide various resources, from psychological assessments to self-help tools and meditation exercises, to help students better manage their emotional health. Finally, social media and virtual communities can also be used to promote schools' mental health support services and activities. By publishing information and providing resources on these platforms, schools can attract more students to participate in mental health promotion activities, increase their awareness of mental health issues, and provide assistance <sup>[10]</sup>.

## 6 Conclusions

In summary, the mental health problems of college students are a complex and serious problem that requires innovative methods to solve. By adopting methods such as technology-based psychological counseling, student participation and self-service support, interdisciplinary cooperation, and resource integration, universities can better meet the psychological health needs of students and provide them with better support. This not only helps to improve students' mental health level, but also helps to improve their academic performance and quality of life, laying a solid foundation for their future. Universities should continue to actively explore and practice these innovative methods to continuously improve the student mental health support system and create a healthier and happier learning and living environment for more students.

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