Thin proposed beliefs of the libertendenters adding the iights, health and wellness. Results from the project will provide invaluable information on how current campus programs can better meet the needs of individuals in ways that are strengths-based, affirming, and relevant to a diverse student body.

Research Questions:

- 1. What does positive mental health mean to CSULB students?
- 2. What makes CSULB students feel healthy and well?
- 3. What strengths do CSULB students possess?

Student Health and Wellnes

- College students are experiencing significant psychological and social disruptions including problems sleeping, increased depression, anxiety, sadness, and struggles with motivation (Tasso et. al. 2021).
- Approximately one in five college students report symptoms of serious psychological distress (Auerbach et. al, 2016).

Campus Resources

- Despite high need, only a small percentage of students receive services (Eisenberg et. al, 2011).
- This largely due to perceived stigma (Eisenberg et. al, 2009) and lack of knowledge and information for where to locate services (Yorgason et. al, 2008).

Participants

- Flyers containing a QR code were posted on CSULB campus on approved bulletin boards and kiosks.
- Flyers were also shared via campus cultural centers, DSA services, and on campus social media.

Procedure

- Between January and March 2023, 8 focus groups were conducted with a total of 20 CSULB students.
- Focus groups were one-hour in length and were conducted remotely using Zoom software.
- Questions focused on what positive mental health and wellbeing means to students, what makes students feel safe and engaged on campus, and what students feel their greatest streng1()3.9 (1