



of educational modules via Therapist Assisted Online (9.9%), telephone (7.6%) or video (3.4%) counseling sessions, online tools like WellTrack and SilverCloud (5.7%), and other online programs and after-hours services (12.4%). There was a 6811% increase in use of video sessions to provide

Young adults (ages 18–25) have the highest prevalence of mental illness compared to other adult age groups.<sup>1</sup> In 2018, 8.9 million young adults reported having a mental illness.<sup>2</sup> The proportion of students entering college with preexisting mental health conditions has also increased since 2007.<sup>3</sup> The 2019 Association for University and College Counseling Center Directors (AUCCCD) Annual Survey reported anx--

There is a dearth of qualitative data on college students' perceptions of utilizing telemental health. The increased demand for mental health services among college students and the push to utilize telemental health among this population, even prior to the COVID-19 pandemic when services quickly shifted to telehealth, warrants consideration and exploration of telehealth as a sustainable method among this population. This article presents findings on the perceptions of college students living in dormit6.3 (mi)10r (mi)10r 13a (n tir825 cm0 za(mi7e7c32 fU32 c3.07(a)8.6 (m4h tg(lo)11h0



And for me, I've always had a big self-image problem. So, going to [counseling center] or putting yourself in that situation





