



## 2026 Excellence in Mental Health and Well-Being Award

1. Enter the complete name of your institution exactly as you would like it to appear in the September 2026 issue of Insight Into Academia magazine if you are selected as an Excellence in Mental Health and Well-Being Award winner.

2. Which of the following mental health and well-being resources does your institution offer for students?

	Yes	No
Free meals or food programs	<input type="checkbox"/>	<input type="checkbox"/>
Housing assistance	<input type="checkbox"/>	<input type="checkbox"/>
Financial aid for emergency expenses	<input type="checkbox"/>	<input type="checkbox"/>
Safe spaces for LGBTQ+ students	<input type="checkbox"/>	<input type="checkbox"/>
Safe spaces for students of differing religions	<input type="checkbox"/>	<input type="checkbox"/>
Clear leadership support for student mental health and well-being	<input type="checkbox"/>	<input type="checkbox"/>
Accountability requirements reporting student mental health and well-being progress	<input type="checkbox"/>	<input type="checkbox"/>
Mental health counselors similar	<input type="checkbox"/>	<input type="checkbox"/>

Mental health counselors similar to the backgrounds of the students they serve

Campus safety programs and policies

Mental health and well-being resources for students are listed on our website

Early mental health warning systems for at risk students

On-campus mental health office

AI chatbots such as Woebot or Wysa

Teletherapy platforms such as TimelyCare or UWill

Apps such as Calm, Headspace for Students

AI-enhanced personalized wellness tools

24/7 digital services and crisis support

Embedded social workers or counselors in dorms and/or academic colleges

Comments

### 3. Which of the following does your institution offer for faculty and staff?

Yes

No

Professional development for staff

Free or reduced tuition

Career planning resources

Career planning resources	<input type="checkbox"/>	<input type="checkbox"/>
Mentoring/coaching programs	<input type="checkbox"/>	<input type="checkbox"/>
Awards for outstanding service contributions	<input type="checkbox"/>	<input type="checkbox"/>
Research, service, and scholarship are consider in the promotion process	<input type="checkbox"/>	<input type="checkbox"/>
Research, service, and scholarship are consider in the salary review process	<input type="checkbox"/>	<input type="checkbox"/>
Workload equity plan for faculty	<input type="checkbox"/>	<input type="checkbox"/>
Workload equity plan for staff	<input type="checkbox"/>	<input type="checkbox"/>
Employee resource groups	<input type="checkbox"/>	<input type="checkbox"/>
Flexible work schedule	<input type="checkbox"/>	<input type="checkbox"/>
On-campus childcare	<input type="checkbox"/>	<input type="checkbox"/>
Paid maternity, paternity, and adoption leave	<input type="checkbox"/>	<input type="checkbox"/>
Housing assistance program	<input type="checkbox"/>	<input type="checkbox"/>
Mental health and well-being resources for faculty and staff listed on your website	<input type="checkbox"/>	<input type="checkbox"/>
Mental health providers for faculty and staff	<input type="checkbox"/>	<input type="checkbox"/>
Clearly written workplace policies for harassment, discrimination, and bias incidents	<input type="checkbox"/>	<input type="checkbox"/>
Clear leadership support for employee mental health and well-being	<input type="checkbox"/>	<input type="checkbox"/>
Accountability requirements reporting employee mental health and well-being progress	<input type="checkbox"/>	<input type="checkbox"/>
Employee wellness retreats	<input type="checkbox"/>	<input type="checkbox"/>
Free access to campus gym facilities	<input type="checkbox"/>	<input type="checkbox"/>
Employee assistance programs	<input type="checkbox"/>	<input type="checkbox"/>

(EAPs) such as Spring Health or Uprise Health that include digital counseling, coaching, and educational courses

Teletherapy services such as TimelyCare or Talkspace

Wellness and mindfulness apps such as Headspace or Calm

Mental health chatbots

Holistic well-being platforms such as YOU for faculty/staff, that aggregate mental-health resources, HR benefits, professional development tools, and campus services all in one place

Burnout and organizational analytics tools such as CultureAmp or Perceptyx

Comments

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4. In 125 words or less, describe any additional unique programs that support mental health and well-being for your students, faculty, and staff that would inspire other colleges and universities to learn from your success.

5. Why did you apply for this award? Please include any additional information that we should consider as we review your application.

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6. Please provide contact information for the person we should notify if your institution is selected as a recipient of the 2026 Insight Into Academia Excellence in Mental Health and Well-Being Award.

Name

Title

Email address

7. Please provide contact information for your director of marketing to send a press release for your school to announce your award recognition.

Name

Title

Email address

Preferred phone  
number

8. How did you hear about the Excellence in Mental Health and Well-Being Award?

- Insight Into Academia magazine
- Insight Into Academia emails
- Insight Into Academy website
- Colleague
- Facebook
- X
- Instagram
- LinkedIn
- Conference
- Other