Improving student mental health and well-being on campuses across the country.
Mantra is on a mission to provide students with accessible, equitable, and quality mental health and wellness solutions.

We partner with colleges and universities to address the diverse and specialized needs of the institution, campus, and unique student population with seamless campus integration, clinical expertise, risk management, and high-touch support.
Our Mantras

We support students across every stage of the mental health journey.

- Diversity of values, beliefs, faiths, cultures, and lived experiences are acknowledged and valued across all service offerings.
- Models designed to empower students to take control of their mental health, engage in healthy help-seeking behaviors, build resilience, and thrive.
- Proven referral pathways from across campus, ensuring greater access to care.
- Care across the continuum, closing service gaps and maintaining care during breaks.

We believe in clinical excellence and evidence-based practice.

- Quality embedded into every aspect of our care delivery.
- Nationwide network of diverse, culturally-informed mental health professionals.
- Exceptional clinical leadership and supervision informing the development and management of all products and services.
- Robust screening and custom high-risk protocols to support high-risk students, inform recommendations, and prevent mental health crises and emergencies on campus.

We work collaboratively with institutions to improve retention and reduce risk.

- Innovative solutions integrated into existing campus infrastructure.
- Detailed reporting, insightful analytics, and 24/7 visibility for institutions.
- Hands-on campus activation support from a dedicated partner success manager, as well as clinical experts, care navigators, and campus marketers to drive higher engagement.
- Student utilization, risk assessment, time to care, diagnosis breakdown, student satisfaction rating, and other notable factors tracked in the Mantra Collaboration Portal.

Mantra Health
Our Solutions

Whole Campus Care
A comprehensive solution for higher education institutions

We’ve thoughtfully designed this stepped care model to serve the entire student body, including diverse and traditionally underserved students, as well as those who don’t typically engage in help-seeking behaviors.

This supports efficiency, effectiveness, and accessibility. We offer self-guided resources, as well as a full range of comprehensive clinical services, matching students with the appropriate level of care.

We work closely with our partners to complement and enhance existing on-campus services, providing them with dedicated campus activation support, as well as insightful analytics on usage, engagement, satisfaction, and outcomes.

This Whole Campus Care model is a bundled solution, supplementing existing counseling services, and helping students thrive on campus and off 24/7/365.

“Mantra staff worked closely with us to design a program that met the needs of our complex system... The service is highly utilized and continuity of care has been excellent.”

- Liz Toepfer, EdD, Associate Director of Commonwealth Campuses, Penn State
What’s included

24/7 Crisis Support & On-Demand Emotional Support

Clinical providers are available to problem-solve with students and will administer in the moment crisis support when appropriate, ensuring no student falls through the cracks. We work closely with institutions to establish campus-specific crisis lines, maintain real-time reporting, and provide crisis and suicide prevention materials and trainings to faculty, staff, and students. Our 24/7 crisis support is managed by our preferred partner Didi Hirsch Mental Health Services, the nation’s largest and most comprehensive crisis center and crisis innovation hub.

Psychiatry

High-quality psychiatric care for students with psychiatric needs. Our psychiatric providers and medical supervisors work in unison to assess, diagnose, and treat patients with ADHD, severe depression, and other mental health conditions. Risk management and triage services are utilized, when needed, to ensure safety and effectiveness of care.

Therapy

Evidence-based, holistic, whole-person care, accessible across all 50 states. Our in-house group of diverse, specialized providers are trained to work with the higher education student population, are screened for cultural humility, receive clinical supervision, and undergo regular clinical training.

Mantra Health
Emotional Wellness Coaching

Short-term, goal-oriented intervention for students wanting to develop self-management strategies. Our professional coaches work one-on-one with students to set, measure, and achieve desired goals. Leveraging Self Care courses, coaches can maximize the effectiveness of the life skills program.

Self Care

A first-of-its-kind self-guided wellness program for students. Designed around the four dialectical behavior therapy (DBT) skills – mindfulness, distress tolerance, interpersonal effectiveness, and emotional regulation – students can access short, effective courses that support relationship building, stress-reduction, crisis management, sleep hygiene, and other essential life skills.

Peer-to-Peer Support Community

Safe, anonymous community built by industry-leading provider Togetherall. Students can give and receive support from peers in a judgment-free, inclusive environment, with licensed mental health clinicians moderating the platform 24/7, supporting immediate risk-detection and clinical intervention, if needed.

In partnership with togetherall

www.mantrahealth.com
Our evidence-based approach helps counseling services expand capacity, curb spikes in demand, reduce wait times, and match students with providers who meet their needs and preferences.

Leveraging a clinical model built by college mental health experts, Mantra’s Therapy and Psychiatry services help close the loop between on-campus clinical teams. We’re able to streamline the external referral process, giving counseling services more control over the referral pathway and more visibility into patient care through the Mantra Collaboration Portal.

All clinicians receive supervision to ensure quality delivery and student satisfaction. We offer extended hours, including evening and weekend sessions, provide detailed reports on patient utilization, satisfaction, outcomes, time to care, dropout risk, and other valuable measurements of success, providing peace of mind to the counseling center.

Empowering counseling centers to take control of the referral pathway.

University CCD

Therapist
Psych NP
Psych MD
Capacity Expansion

What’s included

Therapy

Evidence-based, holistic, whole-person care, accessible across all 50 states. Our in-house group of diverse, specialized providers are screened for cultural humility, receive clinical supervision, undergo regular clinical training, and work in collaboration with on-campus providers. We facilitate real-time collaboration between on-campus providers and Mantra clinical leaders, care navigators, and a dedicated partner success manager for greater care delivery.

Psychiatry

High-quality psychiatric care for students with psychiatric needs. Our psychiatric providers and medical supervisors work in unison to assess, diagnose, and treat patients with ADHD, severe depression, and other mental health conditions. We build digital safety plans for patients, implement our risk management and triage processes into the existing models of care, and work directly with on-campus providers, ensuring student mental health outcomes are achieved.

Mantra Health

www.mantrahealth.com
Clinically-informed models built by a dedicated team of experts.

Nora Feldpausch, MD, Medical Director
Carla Chugani, PhD, LPC, VP of Clinical Content and Affairs
Matt Kennedy, Co-Founder and CEO
Ed Gaussen, Co-Founder and President

Mantra by the numbers

98% positive rating from students on Mantra Self Care.
93% of patients rated their provider a good match.
91% of patients attend their first intake appointment.
70% of patients report that Mantra services have helped them stay enrolled in school.
81% of patients report that Mantra makes it easy for them to care for their mental health.
Change the future of mental health on your campus.

- Meet growing demand
- Improve student engagement
- Reach diverse, underserved students
- Decrease wait times to care
- Build resilience among students
- Reduce crisis and suicide risk
- Improve mental health outcomes
- Increase student retention and persistence

Trusted by over 100 campuses and 800,000 students

Get started with Mantra today.

Expand your mental health offerings to reach more students and better serve your campus community.

Contact our Partnerships team at partner@mantrahealth.com.