

Mental Health Resources at Purdue University



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Purdue Students at an Occupy Hovde Protest for Suicide Prevention and Mental Health Accessibility

Executive Summary

The COVID-19 pandemic has made the need for therapy and mental health counseling crucial for many individuals. With the death of loved ones, the added safety protocols mandated by the government, a different learning environment, and a new functioning of society, students have felt overwhelmed. Purdue University offers many resources to help students navigate through the turbulent time that is the COVID-19 pandemic. However, these resources are not sufficient for the struggles students have to face. There have been numerous protests by Purdue students for more support from the university and even reported student suicides (Mills, 2020).

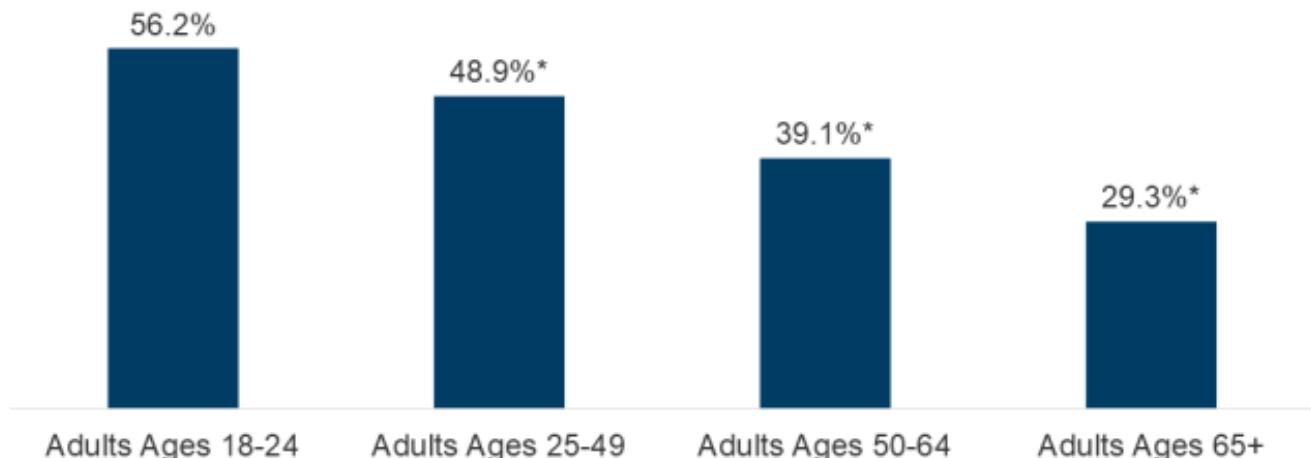
The rest of this report will further explore why college students are generally in need of mental health help more than others during the pandemic, the problems that exist within Purdue's mental health resources, and the reason why the problems exist. It will also take an in-depth look at other external mental health resources to find out what those resources offer that Purdue does not. This will allow the report to conclude with solutions to make Purdue's mental health programs far more inclusive and supportive of anyone who chooses to use them.

Introduction

The COVID-19 pandemic has been a stressful time for many individuals. According to the Centers for Disease Control and Protection (CDC), "Many of us are facing challenges that can be stressful, overwhelming, and cause strong emotions in adults and children. Public health actions, such as social distancing, are necessary to reduce the spread of COVID-19, but they can make us feel isolated and lonely and can increase stress and anxiety" (Centers of Disease Control and Protection, 2021).

Figure 1 shows that those between the ages of 18 and 24 are more likely to be depressed and/or have anxiety during the pandemic as compared to those in other adult age groups. This is the age group of most college-going students. The Kaiser Family Foundation (KFF) created the graph in Figure 1 after analyzing data from the Census Bureau's Household Pulse survey and their own polls (Panchal et al., 2020).

Share of Adults Reporting Symptoms of Anxiety and/or Depressive Disorder During the COVID-19 Pandemic, by Age



NOTES: *Indicates a statistically significant difference between adults ages 18-24. Data shown includes adults, ages 18+, with symptoms of anxiety and/or depressive disorder that generally occur more than half the days or nearly every day. Data shown is for December 9 – 21, 2020.
SOURCE: U.S. Census Bureau, Household Pulse Survey, 2020.



Figure 1: Bar Graph that shows the percent of adults in various age groups that have reported symptoms of anxiety and/or depressive disorder during the COVID-19 pandemic. Image Source: (Panchal, et al., 2020).

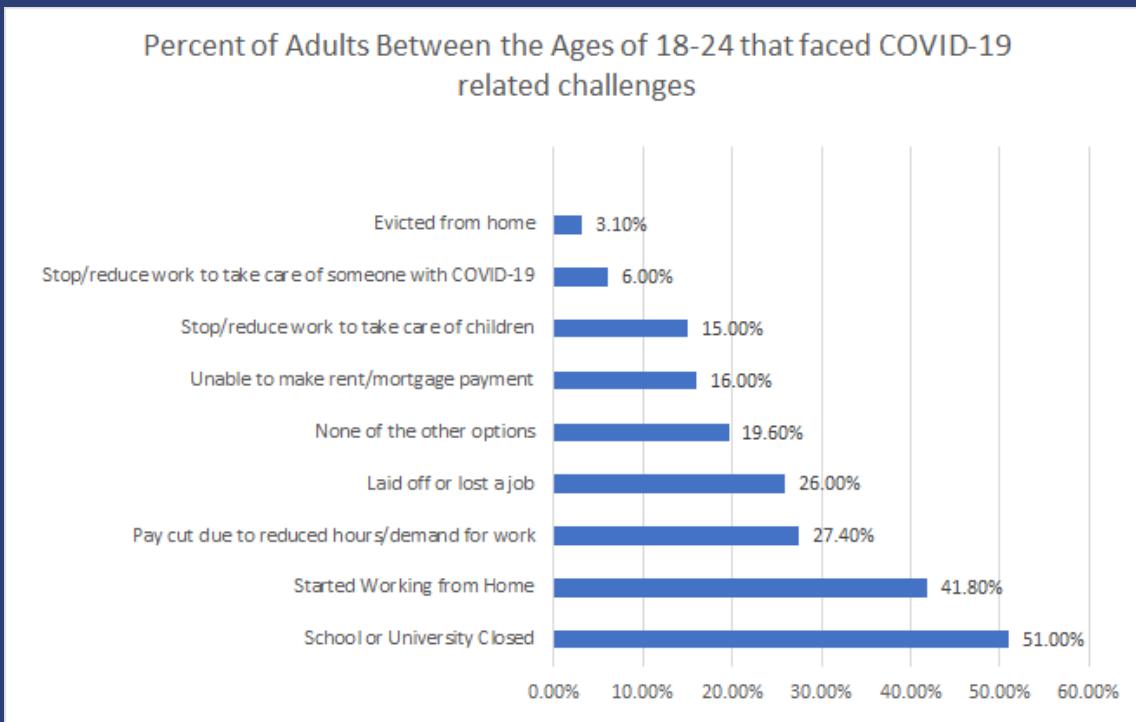


Figure 2: Bar graph that shows the approximate percentage of millennials that were impacted by different COVID-19 related challenges. Data Source: (Perlis et al., 2020)

It is also important to consider why young adults between the ages of 18 and 24 are susceptible to having anxiety or depression during the pandemic. A group of researchers from Harvard University, Northeastern University, Northwestern University, and Rutgers University have been regularly releasing reports covering different statistics regarding the pandemic. The twenty-third report titled "Depression Among Young Adults", which was released on November 2020, focuses on the mental health of millennials and what challenges are common among them amidst the COVID-19 pandemic (Perlis et al., 2020). The bar chart in Figure 2 uses the data in the report to visually represent the prevalence of different COVID-19 adversities for young adults. Figure 2 shows that the most commonly -



The data in Figure 1 and Figure 2 make it clear that colleges and universities need strong mental health support systems because students are vulnerable both emotionally and mentally, especially now during the COVID-19 pandemic. The next section will explore the problems that Purdue University's mental health programs have. Purdue University is a public university in West Lafayette, Indiana that has a diverse population of students from all over the world.

Problems with Purdue University's Mental Health Resources



Figure 3: Location of Purdue University in map of Indiana

Located in West Lafayette, Indiana, Purdue University's student body has students from "from all 50 states and nearly 130 countries" as of Fall 2020 according to the Purdue University Office of Admissions' Student Enrollment profile (2020).

Purdue offers Counseling & Psychological Services (CAPS) for its students. Some of the services that CAPS provides are free, such as brief phone screens or initial consultations, crisis consultations, intake consultations, and therapy sessions for individuals, groups, and couples. Others, such as psychiatric services and alcohol evaluations can either be covered by one's insurance or paid for by the student.

Outside of these services, the CAPS website also highlights a lot of online mental health resources for students. These include apps such as therapeutic games and music.

The resources provided by CAPS are something that students will need to take advantage of themselves whenever they need mental health help. During extenuating circumstances, such as the COVID-19 pandemic, Purdue University will add new policies to help improve the mental health of its students. For example, back in Spring 2020, Purdue closed down its campus for the second half of the semester and had students finish the semester remotely. The Associate Vice Provost

and Dean of Students, Katherine L. Sermersheim, sent a message to students saying that due to the new nature of the semester and school year, the university would be extending the deadline to drop a course and also giving students "until the end of the semester (May 1, Friday before finals) to switch any course from a letter grade to P/NP" (Sermersheim, 2020). The message by Dr. Sermersheim shows that Purdue cares about the mental health of their students because it is inevitable that some students would find difficulty adjusting to online learning, especially if they did not have access to quiet environments or were in a different time zone from that of West Lafayette, Indiana. These new policies would ensure that a poor academic performance during this unprecedented time would not be held against Purdue students, who were likely already stressed out about other things, such as the health of their loved ones or finding a job.

Despite Purdue University's attempts to help students succeed during the COVID-19 pandemic, their efforts are unfortunately insufficient. When the Fall 2020

semester started, Purdue students had the option to either take classes in-person or online. Figure 3 shows that 89% of Purdue University's large student body chose to attend classes in-person, which means Purdue had to continue taking the mental health of its students seriously.

After a student committed suicide towards the middle of the semester, a group of other students decided to speak up and protest for more mental health support from the university in a sit-in called #OccupyHovde (Bangert, 2020). Both Dave Bangert, a columnist for the Lafayette Journal & Courier, and Marvin Bills, a multi-platform journalist for WLFI, both talked about the #OccupyHovde sit-in in their articles "Purdue stress during a COVID-19 semester boils over into student sit-in outside Mitch Daniels' offices" and "PURDUE STUDENTS: 'WE ARE CRYING OUT FOR HELP BUT OUR PLEA IS FALLING ON DEAF EARS.'", respectively. Bills' article clearly states the demands that students in the sit-in made.

One of the demands made by students in the #OccupyHovde sit-in was the option to switch letter grades to Pass/No Pass which had been the case the previous semester (Bills, 2020). This

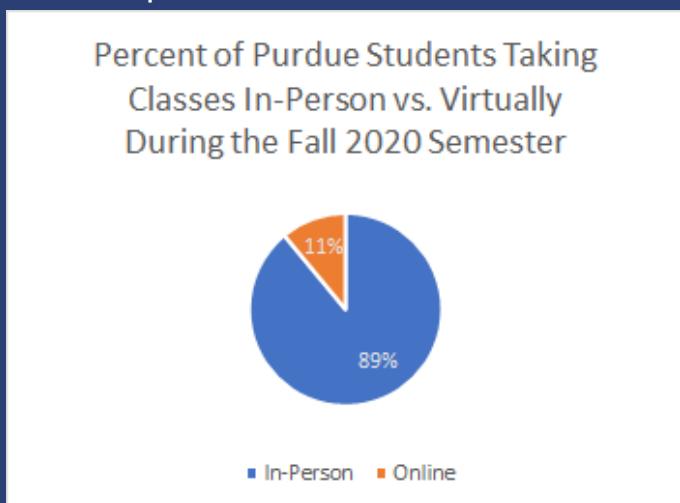


Figure 3: Ratio of Purdue students taking in-person classes vs online classes during the Fall 2020 semester amidst the pandemic.
Data Source: (Bangert, 2020)



Then-Sophomore/current junior Brian Lee speaking out at a sit-in called "#OccupyHovde", advocating more support from the university during the COVID-19 pandemic.

demand makes sense because the COVID-19 was just as – if not more – serious in Fall 2020 as compared to the previous Spring 2020 semester. When talking about the challenges of the Fall 2020 semester in his article, Bangert states, "That meant a new mix of in-person, online and hybrid classes. It meant juggling classes from isolation for more than 2,500 students who tested positive for COVID-19 since classes started in August and quarantine for thousands more during some part of the school year. And it meant following social distancing guidelines that changed social aspects of a typical year" (Bangert, 2020). Outside of university commitments that Bangert mentions, outside affairs could also stress out students. If a close family member or friend contracted the coronavirus, it could also add stress to a student. If a student's parent got laid off from their job, or if a student got laid off from their job, that could also lead to more anxiety from the student. All these factors could make it difficult to be in a mental and emotional state to perform well at school. As the pandemic is an unparalleled time, giving students some leniency with regards to grades would have been a good move, but it was not something the university implemented.

One would expect professors to be more forgiving to students given the challenges of the pandemic, but mercy from professors was also something Purdue students advocated for at #OccupyHovde. This includes "grading in a timely manner; providing leniency for deadlines; respecting reading days by giving no assignments, labs, or quizzes; and being cognizant of the world's current condition, adjusting student workloads accordingly" (Bills, 2020). While there may be many professors who are understanding that students could be going through tough times, there are reportedly some who were indifferent to others' circumstances. This is a concerning

problem because by professors not developing empathy, students who are in a rough spot could end up becoming depressed or considering suicide.

Those in #OccupyHovde also fought for better access to quality therapy. Students at the sit-in were persistent in "ensuring everyone receives help even if CAPS says they're 'too severe' or 'not severe enough', making CAPS more accessible to everyone, and preventing PUPD from dealing with mental health crises especially in uniform" (Bills, 2021). It is abhorrent that CAPS believes some mental health problems are significant and that some are way out of the staff's scope. Figure 1 and Figure 2 in the Introduction made it clear that young adults are most likely to get depressed or gain anxiety. Not having someone listen to them and help them can be a cause of that. The Purdue University Police Department (PUPD) may be good at enforcing the law, but not all of them are licensed therapists, so unless they have some sort of identification that they are trained to provide help, they should not interfere with student mental health problems.



Protesters at the #OccupyHovde sit-in

Students at #OccupyHovde also wanted Purdue University "taking all incident reports with the utmost seriousness, investigating them properly, and handing out the correct punitive measures" (Bills, 2020). An example of this demand is from the #MeToo protest, where students wanted to change how Purdue staff responded to sexual assault crimes. They stood outside the room where a Purdue University Board of Trustees meeting was taking place on October 1, 2021, holding signs and advocating that Purdue officials respond seriously to the sexual assault crimes that had been taking place ("Purdue students protest at trustee meeting with #Metoo themed signs", 2021).

In the Lafayette Journal and Courier article "Purdue students protest at trustee meeting with #Metoo themed signs", the unnamed author of the article states, "Addressing sexual assault accusations on campus was not listed on Friday's agenda. While some students were ultimately allowed to address the trustees as a whole, no action was taken in response to their expressed concerns" ("Purdue students protest at trustee meeting with #Metoo themed signs", 2021). Sexual assault is no serious matter. Women who do not consent to sex should not be subject to it against their will. They could get hurt or unexpectedly pregnant. The fact that the trustees did not take immediate action even after witnessing and hearing students voice their concerns, shows that student safety is not a priority over whatever else was on their agenda.



Purdue students at the #MeToo protest outside the Purdue University Board of Trustees meeting on October 1, 2021, fighting for justice to sexual assault.

A final demand made by students in the #OccupyHovde sit-in in the middle of the Fall 2020 semester at Purdue University is related to the previous demand. It is that Purdue officials should be "accurately reporting and publicly acknowledging current, future, and previously neglected incidents involving the Purdue community members, regardless if it happened on-campus" (Bills, 2020). The fact that Purdue officials did not take action to the concerns addressed by students in the #MeToo protest about sexual assault egalitarianism even though the protest took place in front of them shows that this is something that needs to be fixed. The #OccupyHovde event took place last year, and the student concerns that were voiced back then are still not resolved even now, especially considering that the #MeToo protest took place just last month. This shows that Purdue official may hear their students, but that they certainly aren't listening.

“ I guess the subject is personal to me and a lot of people I know and I think that even if it wasn't, it's obligatory as both as, baseline as a student and even, feel like as a person, if you aren't wanting to support this, then reevaluate what you're supporting. We're trying to change how Purdue responds to it because we have seen firsthand how they've failed punish... or with only a slap on the wrist. We need them to change their policy because this is an unsafe campus. ”

Hunter Sparks, Sophomore at
Purdue University

Source: ("Purdue students protest at trustee meeting with #Metoo themed signs", 2021).

Outside of the mental health concerns voiced by those at the #OccupyHovde sit-in and #MeToo protest, another important issue regarding Purdue University's mental health resources. In her WLFI article "PURDUE GRADUATE STUDENTS VOICE CONCERN ABOUT UNIVERSITY REOPENING PLAN", author Ann Darling interview Purdue Psychology PhD student Elle Rochford about mental health resources at Purdue. Rochford mentions that in a normal semester, "getting help from CAPS could take six months" (Darling, 2020).

She adds that "with the looming presence of COVID-19, there will be an increased need for anxiety and grief counseling." (Darling, 2020). Waiting months to receive mental health from CAPS is ridiculous. This is definitely a problem that should be solved. Someone could hurt themselves or do something regrettable because the wait to get help is too long and they are unable to control themselves until then.

Overall, Purdue's mental health services are far from perfect. There is a lot that needs to be improved so that student voices can not only be heard, but also acted upon in a timely manner.

The next section of this report will examine an external mental health resource that is far more useful for college students and anyone in need of mental health help. This will allow the report to conclude with ways Purdue can improve the quality of its mental health offerings.

BetterHelp

The COVID-19 pandemic has made telehealth a popular way for people to speak with licensed doctors and therapists. It is even possible to get certain tests, such as COVID-19 tests, done virtually through a video call by having test kits mailed to one's home. Vault Health, Inc. is a company that administers virtual COVID-19 tests and men's health diagnoses. Prior to the start of the Fall 2020 and Spring 2021 semester, Purdue University students had to take virtual COVID-19 tests before setting foot on campus.

With regards to online or virtual mental health resources, BetterHelp is a popular and effective resource. The BetterHelp website includes numerous positive testimonials of the different therapists on the platform that are willing to help their patients. The website clearly states that BetterHelp does not "pay anyone to provide their review and they are all made voluntarily" (BetterHelp, n.d.).

According to BetterHelp's website -

98%

94%

70%

made significant progress

Prefer BetterHelp over
face-to-face therapy

reduced depression symptoms

Data Source: (BetterHelp, n.d.)

The cost of therapy in BetterHelp is between \$60 and \$90 per week (BetterHelp, n.d.). This may be a downside to those who are on a budget (BetterHelp, n.d.). However, one of the benefits of BetterHelp that could make the high price worth it is on-demand help and the ability to switch therapists at any time (BetterHelp, n.d.). It is also possible to get help under an alias name (BetterHelp, n.d.). Help is available 24/7 through text, video call, or phone call (BetterHelp, n.d.).



betterhelp

BetterHelp logo. Data Source: (BetterHelp, n.d.)

A group of researchers from the University of California, Berkeley and the University of Southern California, who are all members of the Berkeley Well-Being Institute, conducted a research study to determine the effectiveness of using an online therapy website, specifically BetterHelp.

Figure 4 visually represents the data collected by the researchers during the study. 99.8% of participants showed some form of mental health improvement, which was significant for 38% of participants. The fact that only 38% of participants improved significantly after using BetterHelp for three years may be concerning to some (Marcelle et al., 2019).

Figure 5 represents more insights found by the researchers that conducted the study to find the effectiveness of online therapy platforms, specifically BetterHelp. It shows that none of the participants in the Berkeley Well-Being research study had minimal depression prior to using BetterHelp. Given that most participants had mild to moderate depression both before and using BetterHelp, with a good number of participants also having minimal depression which is not that far off from the other two categories, it is understandable why many participants would have a partial response (Marcelle et al., 2019). There is only so much someone with mild depression can improve as compared to someone with severe depression.

The research results show that users "of BetterHelp experienced significantly reduced depression symptom severity after engaging with the platform" (Marcelle et al., 2019). The researchers confirm that the research results are standard across those of all genders, financial statuses, and health statuses.

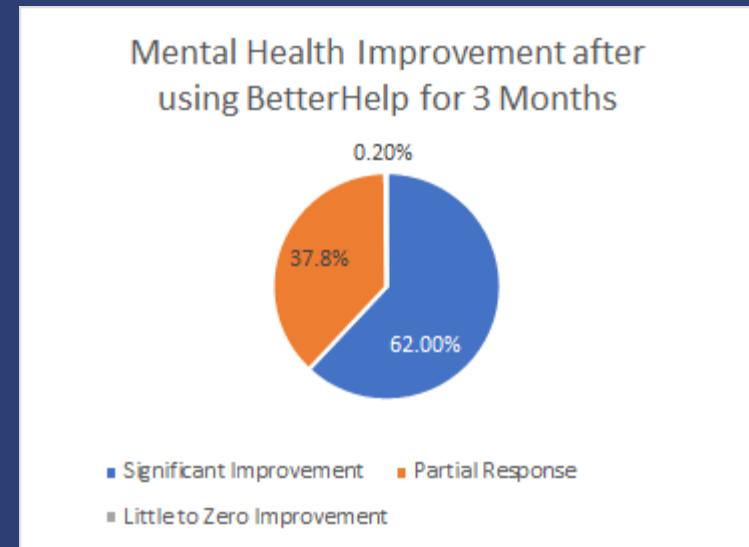


Figure 4: Pie chart showing the percent of participants (out of 318 total participants) that showed significant improvement, partial response, or little to no improvement after using BetterHelp for three months as a part of a study done by researchers at the Berkeley Well-Being Institute. Data Source: (Marcelle et al., 2019).

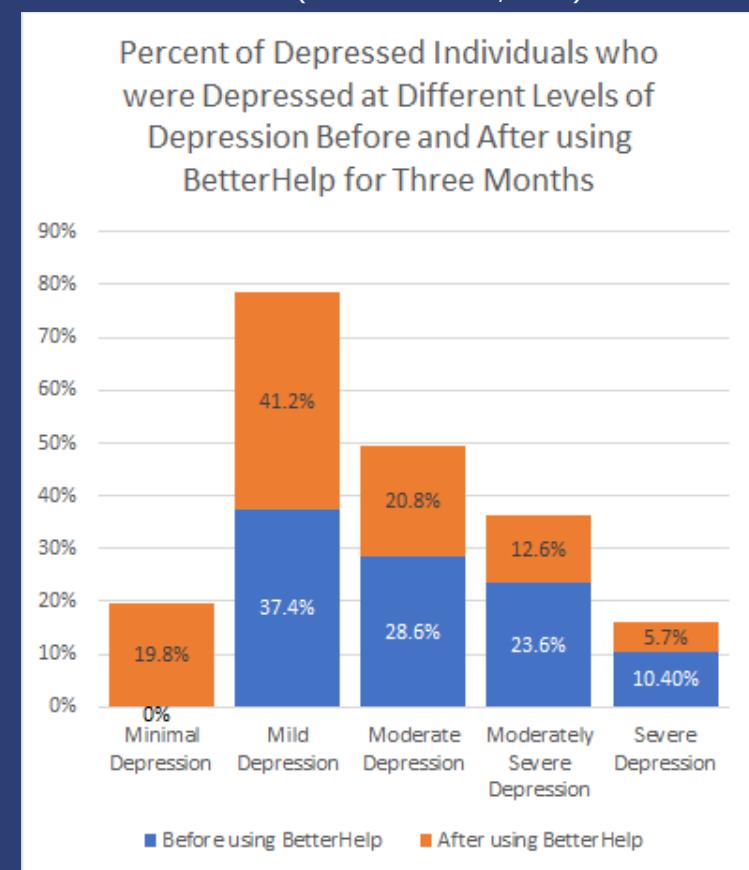


Figure 5: Bar graph showing the percent of participants (out of 318 total participants) in a research study for the Berkeley Well-Being Institute that were at different levels of depression both before and after using BetterHelp for three months. Data Source: (Marcelle et al., 2019).

Conclusion

This report examined Purdue's mental health resources and the pleas made by students for more support from the university. It also looked at another effective mental health resource to try and garner some ideas to improve the mental health resources that Purdue offers.

Barring any legal loopholes, it could be effective for Purdue to hire therapists and counselors who live outside of the United States in other countries. Not only would this make international students who need help relate more with their therapist, but also allow students who are night owls to get help late at night when it is daytime for their therapist. Having more therapists would also help reduce the wait to get an appointment with CAPS.

If Purdue does not have the funding to hire more therapists, they could remove the tuition freeze that is currently in place. Students would need to pay more money to attend Purdue, but they will have better mental health in doing so.

It could also be useful for students to have the opportunity to text their therapist, as opposed to meeting through a video chat platform or in-person. Allison Bufkin, a sophomore at Purdue University, was interviewed for this report. She stated that she had suicidal thoughts after losing all her friends and being stuck in her dorm room for a majority of her days due to the social distancing protocols in place. CAPS helped her and she is doing much better now. Due to the pandemic, all CAPS meetings are virtual and Bufkin has struggled finding a private room to discuss sensitive topics since her roommate does not want to leave the dorm room. She currently uses a friend's room to talk with her therapist when her friend is in class. Not only is this embarrassing for Bufkin, it also makes her less flexible in terms of when she can speak with her therapist. Being able to chat with therapists via Microsoft Teams, GroupMe, text messaging, or any chat platform would allow Bufkin to interact with her therapist more frequently and privately even when she is not the only one in the room.



Engineering Fountain at Purdue University

Outside of CAPS, Purdue needs to listen, acknowledge, and act upon student complaints. Cries for help should not go in one ear and out the other. The Purdue subreddit is an online forum where many people post about their struggles academically, socially, mentally, and physically during the pandemic. Posts with valid points are often upvoted for visibility. Purdue officials could check in on the subreddit every now and then to learn about what Purdue students are going through and then take action to improve the struggles students are facing.

Purdue officials should also read the news. The Purdue Exponent is Purdue's official newspaper with articles on what is happening on campus. There were articles made over there, in addition to other news outlets like WLFI, about #OccupyHovde and #MeToo. There really should be no excuse for Purdue staff and faculty to be ill-informed about what is happening on campus in this internet age. If professors or Purdue staff believe they have more important things to worry about than the mental health of their students, then they need to evaluate why they chose their profession in the first place.

Overall, there is a lot of work that needs to be done by Purdue to ensure Purdue's campus is safer and that the voices of students are acted upon to provide a positive mental health experience for everyone.



Annotated Bibliography

Bills, M. (2020, November 20). *Purdue students: "We are crying out for help but our plea is falling on deaf ears."*. WLFI News. Retrieved October 19, 2021, from <https://www.wlfi.com/content/news/Purdue-students-sit-in-at--573141151.html>. Multi-platform journalist Marvin Bills showcases the dissatisfaction Purdue students are having with regards to the university's response to their struggles and difficulties during a difficult school year during the pandemic. He cites Purdue students Noah Smith and Brian Lee, who organized a sit-in event where students voiced their concerns about the university, to learn more about the concerns students have with Purdue administration with regards to mental health. This sit-in event was in response to a fourth suicide from a Purdue student within a four-month time frame. In particular, students believe that Purdue should focus more on helping those with mental health problems rather than solely worrying about upholding the university's image. He then lists student demands that were made clear during the sit-in event called #OccupyHovde, including CAPS, Purdue's mental health service, being available for everyone and not just those with conditions that aren't too severe or not severe enough; Purdue investigating all incident reports efficiently and with the correct measures; higher professor accountability; and more academic support for students.

Panchal, N., Kamal, R., Cox, C., & Garfield, R. (2021, February 10). *The implications of COVID-19 for mental health and substance use*. KFF. Retrieved October 27, 2021, from <https://www.kff.org/coronavirus-covid-19/issue-brief/the-implications-of-covid-19-for-mental-health-and-substance-use/>.

Researchers Nirmita Panchal , Rabah Kamal , Cynthia Cox, and Rachel Garfield share statistics they have uncovered regarding mental health among adults, specifically with regards to anxiety and depressive disorder. The data they are sharing is backed by their own surveys and polls as well as data from the Census Bureau's Household Pulse survey. They consider different factors that could have resulted in one's mental health deteriorating such as loss of jobs, age group, and even ethnicity. All data is presented nicely in graphs.

Perlis, R. H., Green, J., Quintana, A., Gitomer, A., Chwe, H., Simonson, M., Lazer, D., Baum, M., Lin, J., Ognyanova, K., Druckman, J., & Santillana, M. (2021). The Covid States Project #23: Depression among young adults. *The COVID States Project #23: Depression among Young Adults*. <https://doi.org/10.31219/osf.io/3s8v4>

Researchers from Harvard University, Northeastern University, Northwestern University, and Rutgers University share facts and data about depression and mental health issues that young adults are facing during the pandemic. They focus on how gender and ethnicity affect one's mental health, along with challenges faced during the pandemic that caused mental health problems.

Marcelle, E. T., Nolting, L., Hinshaw, S. P., & Aguilera, A. (2019). Effectiveness of a multimodal digital psychotherapy platform for Adult Depression: A naturalistic feasibility study. *JMIR MHealth and UHealth*, 7(1). <https://doi.org/10.2196/10948>

Researchers from UC Berkeley and the University of Southern California performed a study on 318 participants to see if online therapy websites, such as BetterHelp, actually help students. They measured participants' depression levels before they used BetterHelp. After participants used BetterHelp for three months, the researchers measured their depression levels again to see if there was an improvement. There indeed was, which resulted in the researchers concluding that online therapy websites, like BetterHelp, are indeed effective.

Darling, A. (2020, August 5). *Purdue graduate students voice concern about University Reopening Plan*. WLFI News. Retrieved November 1, 2021, from <https://www.wlfi.com/content/news/Purdue-graduate-students-voice-concern-about-university-reopening-plan-572020921.html>.

This article by Anna Darling focuses on the concerns Purdue graduate students have regarding in-person classes amidst the pandemic. She interviews Elle Rochford, a PhD Psychology student where it is revealed that it can take up to six months to get an appointment with CAPS during a normal semester and that more students will likely be needing help during the pandemic. She also talks about what CAPS is planning to do with regards to this issue, including hiring more staff.

Bangert, D. (2020, November 20). *Purdue stress during a COVID-19 semester boils over into student sit-in outside Mitch Daniels' offices*. Journal and Courier. Retrieved November 1, 2021, from <https://www.jconline.com/story/news/2020/11/20/covid-19-campus-purdue-stress-during-covid-19-semester-simmers-into-student-sit-outside-daniels-offi/6353714002/>.

This article by Dave Bangert focuses on the #OccupyHovde sit-in event that was in response to a recent suicide on Purdue's campus. He cites students saying they are having a rough time managing stress, and also includes details on why students are stressed, including the mixture of hybrid, in-person, and online classes as well as the mandatory quarantining that those with the coronavirus have to go through. He talks about the dedication students have to voicing their demands.

Lafayette Journal & Courier. (2021, October 1). *Purdue students protest at trustee meeting with #Metoo themed signs*. Journal and Courier. Retrieved October 31, 2021, from <https://www.jconline.com/story/news/2021/10/01/purdue-students-protest-sexual-assault-during-trustee-meeting/5948784001/>.

This article focuses on a #MeToo protest made by students fighting for sexual assault justice. It includes photographs of students with posters preaching the importance of the issue and also explains that the Purdue board of trustees did not take any immediate action on the issue even though the protest took place by their meeting.

Sermersheim, K. L. (2020, March 30). *Message to students regarding grading and drop modifications for the spring semester*. Protect Purdue. Retrieved October 29, 2021, from <https://protect.purdue.edu/updates/message-to-students-regarding-grading-and-drop-modifications-for-the-spring-semester/>.

This message by Purdue Associate Vice Provost and Dean of Students talks about the actions Purdue took to alleviate the stress of the Spring 2020 semester when classes shifted online halfway through the semester because of the pandemic. This includes an extended deadline to drop classes, the option to switch from letter grades to pass/no pass, and no students being dropped for abysmal GPAs.

Centers for Disease Control and Prevention. (2021, July 22). *Coping with stress*. Centers for Disease Control and Prevention. Retrieved October 26, 2021, from <https://www.cdc.gov/mentalhealth/stress-coping/cope-with-stress/index.html>.

The Centers for Disease Control and Prevention has an article about dealing with stress during the pandemic. It explains that this is a tough, overwhelming time and encourages people to take care of themselves and connect with others.

Caps homepage. Purdue University Counseling & Psychological Services. (n.d.). Retrieved October 29, 2021, from <https://www.purdue.edu/caps/>.

Purdue's CAPS website homepage includes links to lots of useful resources that were cited in this report, including services offered, external services to help with mental health, pricing, and information of staff and faculty. Contact information is provided here, too.

Purdue University. (n.d.). *Clinical therapy fees.* Purdue University Counseling & Psychological Services. Retrieved November 1, 2021, from https://www.purdue.edu/caps/policies_and_fees/fees/index.html.

This part of the CAPS website focuses on the pricing of CAPS services. It states that most therapy sessions are free while things such as alcohol evaluations will have a cost.

BetterHelp. (n.d.). *About US - the largest online therapy provider.* BetterHelp. Retrieved November 2, 2021, from <https://www.betterhelp.com/about/>.

This part of the BetterHelp website gives a lot of details on the company's mission, partners, and some of the latest reviews. It even includes a link to the study that the UC Berkeley and University of Southern California researchers performed to confirm BetterHelp's validity and usefulness.

BetterHelp. (n.d.). *FAQ - get answers to common questions about therapy.* BetterHelp. Retrieved November 2, 2021, from <https://www.betterhelp.com/faq/>.

The FAQ section of the BetterHelp website answers questions regarding the cost of the services, how communication with therapists is done, details about anonymity, switching therapists.

BetterHelp. (n.d.). *Betterhelp reviews. read 1,000s of customer online therapy reviews.* BetterHelp. Retrieved November 2, 2021, from <https://www.betterhelp.com/reviews/>.

This website shows all of the BetterHelp reviews made in reverse chronological order. There are a lot of reviews on this webpage, mostly positive.

Purdue University. (2020). *Student enrollment, Fall 2020.* Student Enrollment - Undergraduate Admissions – Purdue University. Retrieved November 3, 2021, from <https://www.admissions.purdue.edu/academics/enrollment.php>.

This webpage by the Purdue University undergraduate admissions focuses on the diversity of Purdue's students as of the Fall 2020 semester. It includes total enrollment rate, how many countries students are from, and information about students in different majors.