

**Do you want to make a difference?**



**Are you interested in getting involved on campus?**

**Do you have thoughts about mental health on campus?**

**PLAY A PART IN ...**

# **MINISTERING TO THE BLUE**

= A collaboration of the Wellesley Centers for Women (WCW) and the Dean of Students.

= A research project to develop and evaluate an online program to promote healthy coping strategies and wellness in Wellesley College students with early symptoms of depression.

= Students can help shape the program by:

- participating in **FOCUS GROUPS**
- applying to serve on a **STUDENT ADVISORY BOARD**
- applying for an **INTERNSHIP** with the project

To learn more about paid opportunities with this project or to receive notifications about this project directly, please visit [wcwonline.org/ministeringtotheblue](http://wcwonline.org/ministeringtotheblue) or email: [ministeringtotheblue@wellesley.edu](mailto:ministeringtotheblue@wellesley.edu)

# Ministering to the Blue FAQs

## What is Ministering to the Blue?

Ministering to the Blue is a pilot study that aims to develop and evaluate an online program to promote healthy coping strategies and wellness in Wellesley College students who are at risk for depression.

## Who is Ministering to the Blue for?

Ministering to the Blue will support the mental wellness of students who do not have serious symptoms but might be showing early signs of depression. Students who suffer from serious symptoms of anxiety and depression are encouraged to seek professional treatment.

## How did Ministering to the Blue come about?

Ministering to the Blue was made possible by a generous grant to the College from the Huiying Memorial Foundation, CY He '18 Vice President. It is a project of the Wellesley Centers for Women in collaboration with the Office of the Dean of Students.

## How is Ministering to the Blue different from other online mental health programs?

Ministering to the Blue will be developed specifically for Wellesley students. The online program will guide students through life situations in which they might find themselves at Wellesley and teach healthy coping skills that students can practice and implement. Wellesley students, faculty, and staff will be involved in the design of the program.

## How is Ministering to the Blue based on research?

Ministering to the Blue is based on CATCH-IT, an online depression prevention program that Dr. Tracy Gladstone of the Wellesley Centers for Women helped design and evaluate. CATCH-IT has been shown to be an effective way to promote mental wellness among adolescents with symptoms of depression. The CATCH-IT model will be adapted for Wellesley College students.

## How can I get involved with this project?

During the 2019-20 academic year, students can get involved with Ministering to the Blue by participating in focus groups, applying to serve on a student advisory board, or applying for an internship position with the project. Students can find more information about these opportunities by visiting [wcwonline.org/ministeringtotheblue](http://wcwonline.org/ministeringtotheblue) or emailing [ministeringtotheblue@wellesley.edu](mailto:ministeringtotheblue@wellesley.edu).

## Do I have to be at risk for depression to be involved with Ministering to the Blue?

No. Student input will be gathered from across the College community. Students who are receiving treatment for mental health concerns, students who are at risk for depression, and students with no mental health concerns are invited to participate in focus groups. We expect that, during fall 2020, students who are at risk for depression will be invited to pilot test the program.

## How can students access Ministering to the Blue?

During the 2019-20 academic year, Ministering to the Blue will be in the design phase. We expect that, beginning in fall 2020, Wellesley College students at risk for depression will be invited to pilot test the program.

## What if I don't know if I am depressed?

If you have concerns that you might be depressed, we encourage you to contact the Stone Center Counseling Service. You can also learn more about depression and other mental health concerns on October 17th for Fresh Check Day (Tishman Commons 12-3pm).