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An approachable, modern way to ask for help

Think 66

Problem:

Stigma around asking for help, especially at elite schools

Two-Part Solution:

Solution #1:

Peer support from older Stanford student's - students put through a rigorous training to be certified to help

Solution #2:

Professional therapists on the app in the case that students want to access professional, more prolonged help

A stronger community

Students should feel that there is always someone there for them, that has either gone through what they are going through or is professionally trained to deal with the student's struggles. Having someone to listen and be supportive outside of one's immediate friends and family can have an immense impact, and the incorporation of this system into the Stanford community would add to the support system that students have in place.

Two Resources:

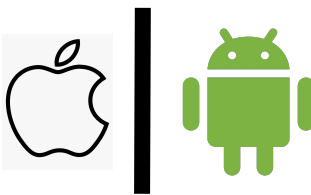
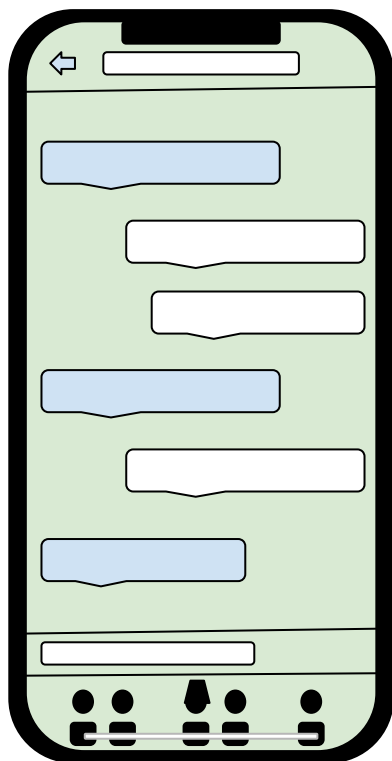


Peer-to-Peer:

The user can specify the type of peer they would like to be helped by (i.e. an upperclassman, someone who has already taken a certain class, another person in their year, etc.) Peers would be compensated for their time and extensive training would be required.

Therapist:

For those seeking professional help, this system is unique in that it has access to both types of support at all hours of the day, meaning for different situations there is not always one uniform solution that a student must seek out.



Background:

As a result of the stigma around reaching out for help, many students just bottle up their stress or issues, maybe telling friends or loved ones but not getting professional help. A system that could help this would be an app that has professional therapists and mentors in the community online at all times, in which students can have one-on-one anonymous conversations via chat or phone to get the information they need or the help they need during stressful times. This resource is unique, as it has different categories of people to talk to, such as those who have taken a certain class or have experience with certain social situations, while also having 24/7 professional therapists to be of use whenever needed.