

Robert DiDonato

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:

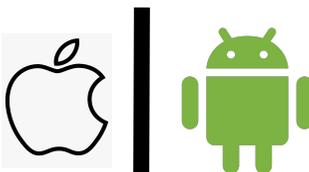
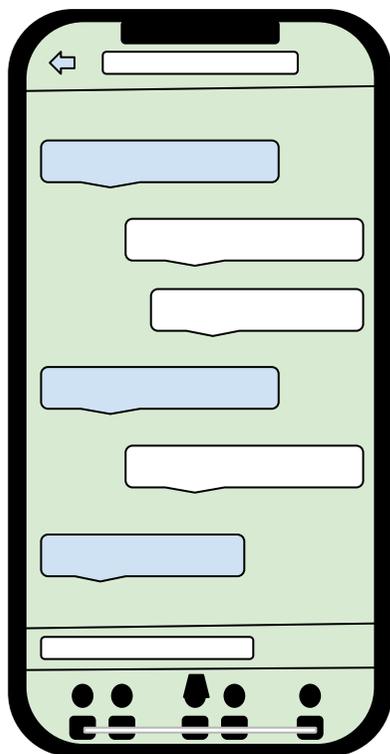


Peer-to-Peer:

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.