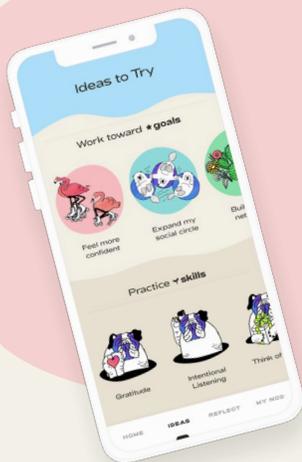


An App to Combat the Negative Impact of Loneliness on College Student Mental Health

Be prepared to address loneliness amidst shifting learning environments

WHY—Loneliness is a significant factor contributing to student attrition, poor mental health, and substance abuse on college campuses. A recent national survey by the insurer Cigna reports 79% of GenZ youth (18-22) are loney. We believe that with the right support, loneliness can be prevented.

HOW—Nod is an app that empowers students to build authentic social connections as part of a successful college experience. Nod addresses the psychological underpinnings of loneliness using skill-building challenges and personal reflection exercises to break social goals down into achievable steps.



A research-backed app with a ready to go promotional kit.

The Nod app comes with a toolkit that engages the whole campus with ready to go promotional materials, a playbook for student leaders/peer educators, and effective social and digital promotion assets that will support your efforts to help students find their people and their place in your campus community.

LEARN MORE AT [HEYNOD.COM](https://heynod.com)



Nod's interactive tips and tools are designed to support students across different learning environments including: on campus, hybrid, and fully remote.

Students are struggling and asking leaders for coping resources.

New data from an Active Minds survey of 2,086 college students show students are finding it difficult to cope during the pandemic, and that they would like higher education leaders to provide more support resources.

As students return to classes it will be critical to foster a culture of connection and provide easy access and scalable tools that support student social and mental well-being.

Nod is designed to help students thrive in today's physically distanced world.



An app that empowers students to build the authentic social connections they want and need to be successful in college

EFFECTIVE

Nod was tested in a randomized controlled study and showed promising efficacy. Nod use buffered the most psychologically vulnerable students from experiencing loneliness and depression during the first month of college. Contact our team to learn more about the results which are currently under review for peer-reviewed publication.

ENGAGING

Nod is engaging because everything in the app was co-developed with students. From the skill-building challenges to the brand design and quirky animal illustrations, students were at the core of Nod's design

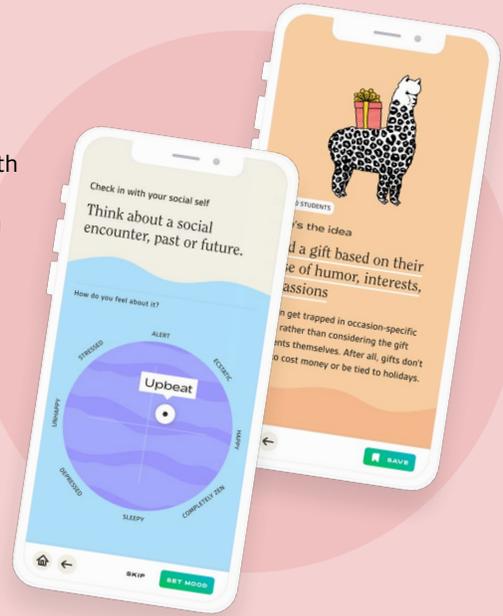
Students like

GETTING NEW IDEAS

"Nod allows me to think of ways to interact with people that I probably wouldn't have thought of on my own. It opens more opportunities for me."

GAINING PERSPECTIVE

"I like the reflections portion, because it's nice to get certain situations off my chest in a constructive way."



CREATED IN PARTNERSHIP BY:

GRIT DIGITAL HEALTH

Grit Digital Health creates behavioral health and well-being solutions through design, innovation and technology.

HOPE LAB

Hopelab is a social innovation lab that creates behavior-change tech to help teens and young adults live happier, healthier lives

Learn more about Nod!

[REQUEST A DEMO](#)

