



## Action for mental health! Tec teams up with the Jed Foundation

[Tecnológico de Monterrey](#) has added one more tool for **looking after the mental health** of its students by **teaming up** with [the Jed Foundation](#).

This non-profit organization based in New York is dedicated to the **prevention of suicide by young people and adults** in the United States.

**Juan Pablo Murra**, Rector of Undergraduate and Graduate Studies at Tec de Monterrey, said that this effort is due to the rise in suicides in Latin America.

*“In many countries, **suicide is the second biggest cause of death for people between the ages of 10 and 24**. According to the **World Health Organization**, it’s on the rise,”* he says.



Raúl Domínguez, Vice Rector of Student Affairs, says that this partnership was formed to benefit students in 2020, a year marked by the **COVID-19 pandemic**.

*“We’re convinced that to reach our goal, **we need to create a culture of looking after ourselves and others** in order to make progress in our institutional vision,”* adds Domínguez.

**John MacPhee**, Executive Director of **the JED Foundation**, said that the Tec is the first school in Latin America to incorporate the **Jed program**.

*“Schools and universities are places where a lot can be done to really boost students’ mental health,”* he adds.

MacPhee said that **pressure, stress**, and the **pursuit of academic excellence** can be experiences that require a **sympathetic** environment and a **culture of care**.

Alex Tarriba, a student of clinical psychology and health sciences at Tec de Monterrey, believed it was crucial for academic institutions to look after **students’ wellbeing**.

## **What are the Tec's options for mental health care?**

### **- Partnership with the Jed Foundation**

The reason for including the **Jed Foundation's mental health program** is to have a system with at least 20 years' experience in **suicide prevention**.

### **- TQueremos Helpline**

**A free helpline** that operates 24 hours a day, 356 days a year: 800 813 9500.

### **- Taking Care of Your Mind Website**

This has **resources from within and outside the Tec** for the community's emotional wellbeing that includes news and advice from health experts.

### **- Case Monitoring**

An effort carried out on campuses so as to be close to students and their families that includes constant monitoring of cases which might require further help in coping with the pandemic.

**YOU'LL DEFINITELY WANT TO READ THIS TOO:**