

# DBT U

Real Skills for Real College Life

## WHAT IS DBT U?

DBT U is a 12-week online Dialectical Behavior Therapy (DBT) program for college students and college-bound graduates who need more support to manage their mental health and succeed in school.

Developed at **Mental Health Systems, Inc. (MHS)**, DBT U provides intensive, practical skills training that stabilizes functioning, supports academic success, and builds long-term resilience.

## WHY DBT U?

More students are struggling—and more intensely—than ever before:

- 40% of college students experience a mental health disorder
- Suicidal ideation has doubled in the past decade
- Emotional distress significantly increases the risk of academic failure and dropout
- Campus counseling centers often can't meet the need for intensive, skills-based care

DBT U fills the gap. This structured, time-limited program complements existing therapy and gives students the tools to cope, connect, and thrive.

## PROGRAM HIGHLIGHTS

- **Online and accessible**—no transportation or geography barriers for students located in Minnesota
- **Weekly 3-hour sessions** that combine DBT skills training with real-life application
- **Rolling admission**—frequent start dates to avoid long waits
- **DBT curriculum specifically tailored** to the realities of college life and young adulthood



## WHO IS DBT U FOR?

- Students whose mental health is interfering with academic success
- Students with chronic stress, anxiety, depression, or emotional dysregulation
- Students stuck in patterns of conflict, impulsivity, or crisis
- Students not progressing with weekly therapy alone
- Graduating high schoolers needing a solid foundation before starting college

Some participants may be returning from a hospitalization. Many are simply overwhelmed and struggling, and need structure, support, and skills to get back on track and succeed.

**If you know someone who can benefit from DBT U, have them give us a call today!**

 **952-835-2002**

 **www.MHS-DBT.com**