

# Mantra Health bags \$22M to target college students' mental health

## Article

**The news:** Mental health startup **Mantra Health** raised **\$22 million** in a Series A funding round to launch a mental health program for college students. Some of the funding will also go toward a scholarship for graduate students with marginalized backgrounds who are working toward a degree in a mental health field.

**What it does:** Mantra Health's digital mental health treatment plans are customized to patient needs and provide virtual therapy, progress tracking, and digital tools to support lifestyle changes.

**Why it's worth watching:** College students have a high prevalence of mental health conditions, but access to the right care isn't always there, especially during this pandemic when many classes have been remote:

- **85% of college students said they were experiencing more stress and anxiety** because of the pandemic in June 2020, and **up to 44% of college students reported symptoms of depression or anxiety**, [per](#) Mayo Clinic. However, until recently, most colleges didn't offer a digital option for accessing university mental health services.
- Digital mental health solutions like Mantra's could help curb the mental health crisis among students: In general, most teletherapy users have reported no commute, flexible schedules, and easy setup as [top benefits](#) of digital mental healthcare.

