



**STUDENT MENTAL
HEALTH WEEK 2025**

**In It Together: Chegg Partners With Organizations Around the World for Third Annual
Global Student Mental Health Week**

Initiative aims to normalize mental health conversations and empower students

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SANTA CLARA, Calif.--(BUSINESS WIRE)-- Chegg, Inc. (NYSE: CHGG) today announced its third annual Global Student Mental Health Week will take place February 24 to March 2. Partnering with leading global nonprofits, higher education institutions, influencers, and more, this year's initiative centers on the theme of "In It Together," emphasizing the power of support networks and shared experiences.

Global Student Mental Health Week aims to empower college students to prioritize their mental health and spark meaningful conversations about how policymakers, higher education institutions, caregivers, and communities can better support student emotional wellness.

Earlier this week, Chegg published the findings of its latest [Global Student Survey](#), which explores the perspectives of 11,706 undergraduates in 15 countries on key issues affecting their lives. The survey revealed an elevated prevalence of mental health challenges among students, underscoring the urgent need to prioritize student well-being. The findings reinforce the importance of initiatives like Global Student Mental Health Week, which aims to address these challenges and provide meaningful support to students.

Key worldwide mental health findings from Chegg's 2025 Global Student Survey include:

- More than half (55%) of respondents reported not sleeping enough.
- 44% experienced daily feelings of anxiety.
- 43% reported suffering from academic burnout.
- More than one in three (35%) reported difficulty meeting new people and making friends.

"The urgency to elevate global conversations about student mental health has never been greater," said Nathan Schultz, President and CEO of Chegg, Inc. "At Chegg, we believe that supporting student mental health isn't just the right thing to do – it's essential for empowering students to thrive academically, personally, and beyond the classroom. We are proud to bring Global Student Mental Health Week back for a third year and grateful to our partners for helping us support and empower students. Through this year's theme, 'In It Together,' we hope to highlight that strong support networks – whether through peers, family, campus services, or online resources – are essential to helping students look after their mental well-being."

The non-profits and organizations Chegg has partnered with for this year's Global Student Mental Health Week include [Active Minds](#), [Ayrton Senna Institute](#), [Big Change](#), [Born This Way Foundation](#), [The Jed Foundation \(JED\)](#), [MABASTA](#), [Nivishe Foundation](#), [Our Minds Matter](#), [PAVE](#), [San Jose Earthquakes](#), [Student Minds](#), and [Young Invincibles](#).

Global Student Mental Health Week will also feature collaborations with Albany State University, Clemson University's Social Media Listening Center, influencers, Chegg.org Global Student Prize finalists, and others to help amplify student voices, foster and inform meaningful debates, and educate policymakers, educational institutions, and communities about the mental health challenges that today's youth may face. Scheduled events and highlighted resources include:

- Thursday, February 27 at Clemson University (Clemson, South Carolina)
 - Coffee shop takeover for an in-person coffee chill and chat, with pet therapy dogs and mental health professionals.
 - 2:15-3:00pm in 301 Kinard Hall: In-person panel discussion on social media and mental health at featuring speakers including:
 - Dr. Marshall Anthony Jr., Director of Public Affairs and Policy at Chegg
 - [Dr. Zainab Okolo](#), Senior Vice President of Policy, Advocacy, and Government Relations at The Jed Foundation
 - Clemson University student participants
- Additional College Activities
 - In collaboration with JED, Chegg is scheduled to host two separate activations with US colleges during Global Student Mental Health Week. Taking place both online and in-person, these will feature experiences such as mental health storytelling, guided meditation and yoga sessions, art therapy, and journal sessions. Learn more by visiting the website.
 - Chegg is also due to partner with Active Minds for a campus activation at Albany State University, aiming to create a safe, inclusive space for students to share experiences, learn about available mental health resources, and strengthen their sense of belonging on campus.
- Voices of Change: Finalists and winners of the [Chegg.org Global Student Prize](#) and the [Global Teacher Prize](#) will be asked to share their approaches to mental wellness, resources for support, key insights about student mental health in their respective home countries, and the impactful projects they are involved with that address these challenges.
- Centralized Online Resource Hub: Chegg will compile mental health resources from its partners into a single, accessible online hub. The platform will feature practical tips for improving mental wellness and serve as a guide to global support for students online.

"We are delighted to partner with Chegg once again to emphasize the critical importance of fostering communities of care where students can find connection, understanding, and the mental health support they need during challenging times," said Dr. Zainab Okolo, Senior Vice President of Policy, Advocacy, and Government Relations at [JED](#). "During Student Mental Health Week, we are excited to engage with students across the country, reinforcing the message that they are not alone while amplifying discussions on how to effectively support their mental wellness."

"Global Student Mental Health Week serves as a powerful reminder that we are all in this together. As we continue to see the challenges students face, it's crucial that we foster communities where mental health is prioritized, conversations are normalized, and support networks are strengthened." said Laura Horne, Chief Programming Officer at Active Minds. "By partnering with Chegg, we are amplifying the voices of students around the world and reinforcing the importance of collective care. Together, we can ensure that every student has the resources and support they need to thrive."

Ángela Elena Olazarán Laureano, the winner of the 2024 Chegg.org [Global Student Prize](#) for developing an AI-powered virtual medical assistant, who is now studying Information Technology and Digital Business Engineering at Anáhuac University Veracruz, Xalapa campus, in Mexico, said, “Through robotics competitions, I have seen the impact of peer support, and how important it is to work through problems together. I am honored to be a part of Global Student Mental Health Week this year, alongside my fellow Chegg Changemakers. I am proud of their involvement, their willingness to share their stories, and the work they are doing to build meaningful resources and communities around the world. I encourage students everywhere to join us in raising awareness of this crucial issue and having their voices heard.”

About Chegg

Chegg provides individualized learning support to students as they pursue their educational journeys. Available on demand 24/7 and powered by over a decade of learning insights, the Chegg platform offers students AI-powered academic support thoughtfully designed for education coupled with access to a vast network of subject matter experts who ensure quality. No matter the goal, level, or style, Chegg helps millions of students around the world learn with confidence by helping them build essential academic, life, and job skills to achieve success. Chegg is a publicly held company and trades on the NYSE under the symbol CHGG. For more information, visit www.chegg.com.

About Chegg.org

Chegg.org is the impact, advocacy, and research arm of Chegg, Inc.: addressing the issues facing the modern student. For more information, visit www.chegg.org.

[About Active Minds](#)

Active Minds is the largest nonprofit in the United States mobilizing youth and young adults to transform mental health norms across society. For more than 20 years, we have equipped the next generation of peer mental health advocates through a variety of programs, including the Active Minds Chapter Network, A.S.K., and Send Silence Packing. Our advocacy, initiatives, and campaigns foster lasting change in how youth view and discuss mental health, encouraging them to use their voices to influence broader conversations and inform mental health supports within their communities. Together, we are building a diverse movement of champions committed to improving mental health for all. To learn more about Active Minds, visit activeminds.org.

[About The Jed Foundation \(JED\)](#)

JED is a nonprofit that protects emotional health and prevents suicide for our nation’s teens and young adults. We’re partnering with high schools, colleges, and school districts to strengthen their mental health, substance misuse, and suicide prevention programs and systems. We’re equipping teens and young adults with the skills and knowledge to help themselves and each other. We’re encouraging community awareness, understanding, and action for young adult mental health.

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