

FOR IMMEDIATE RELEASE

Stay Calm and Paddle On: New Mental Health App for UO Students

App Combines Scheduling Tools, Peer Support and Guided Meditations to Help Students Paddle Through College Life

EUGENE, ORE., — Due to rising stress levels and mental health challenges, Duck Nest, the University of Oregon's wellness center, is excited to launch Mindful Duck, a new mental health app designed for college students and young professionals. Mindful Duck provides essential tools to help students maintain balance, manage stress and thrive academically and personally.

Mental health challenges are prevalent among college students. According to a 2024 report by the American College Health Association, nearly 60% of college students reported experiencing anxiety and 45% struggled with depression in the past year. Recognizing this growing concern, the Duck Nest team developed Mindful Duck to offer accessible resources that empower students to manage their mental well-being.

"I think it is exciting how they are releasing an app that not only helps with mental health resources but also is a tool to help organize my day-to-day tasks," said sophomore Bella Neal.

Features Designed for Success

Mindful Duck includes an array of features tailored to the needs of college students:

Paddle Planner: A customizable scheduling tool to help students balance academic responsibilities, work and self-care routines.

Quack Chats: On-demand peer support and connections to mental health professionals, fostering a sense of community and immediate access to guidance.

Duck Pond Meditations: A collection of guided audio meditations designed to alleviate stress and promote relaxation.

Paddle On, Ducks: A goal-setting and tracking feature encouraging users to create and maintain mental wellness practices.

"College life can be incredibly demanding, and many students struggle to prioritize their mental health," said Dr. Emily Carter, a psychologist at Duck Nest. "Mindful Duck provides a practical and supportive resource to help students feel seen and supported, reminding them they are never alone in their journey."

The app is part of Duck Nest's ongoing commitment to promoting self-care and life balance among students. In addition to its features, users can access exclusive wellness events and workshops through the app, creating a comprehensive support Network.

Students and young professionals are encouraged to download Mindful Duck today and paddle toward calmer, more productive days. The app is free to download on iOS and Android devices with premium features are available at a discounted rate for University of Oregon students. Students can also visit the Duck Nest online and in person for more information about the Mindful Duck App.

About Duck Nest

Duck Nest at the University of Oregon is a campus resource that fosters student well-being through education, peer support and access to holistic wellness tools. From mental health workshops to mindfulness activities and peer coaching, Duck Nest provides a welcoming space where students can find support, learn self-care strategies and build healthy habits for a balanced college experience.

For more information, visit <https://health.uoregon.edu/duck-nest>.