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Press Release Distribution Report

March 11, 2025

Company Name

Courageous Course

phone

12057306570

Email

kathryn@courageouscourse.com

Country

United States

Website

<https://courageouscourse.com/>

Distribution Report

Courageous Course Launches Mental Wellness Program; Equips College Students with Tools for Success

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United States, 7th Mar 2025 – Courageous Course is pleased to announce the launch of its innovative 10-module online mental wellness program designed to equip incoming college students with essential tools to navigate the transition to college. Developed by Kathryn Ely, a Licensed Professional Counselor, lawyer, and the Founder of Courageous Course, this evidence-based program provides students with the strategies needed to transform college anxiety into personal growth opportunities.

This launch has never been more timely. According to the [American College Health Association's \(ACHA\) Spring 2024 survey](#), 76.4% of college students reported experiencing moderate to serious psychological distress. Similarly, the [National Alliance on Mental Illness \(NAMI\)](#) found that 64% of students who dropped out of college cited poor mental health as a major factor in their decision, yet nearly half had never sought support before enrolling.

Ely is passionate about changing this narrative. “We are incredibly excited about the launch of our online mental wellness program,” said Ely. “It represents a breakthrough in college student retention, and we believe it will have a profound impact on how institutions approach the mental health crisis currently affecting undergraduates.”

Unlike traditional mental health resources that focus solely on crisis intervention, Courageous Course’s mental wellness program provides a proactive roadmap to navigating anxiety and boosting self-confidence, laying the foundation for lasting success in college and beyond.

Ely’s unique background also brings a pragmatic and compassionate approach to the program. Having worked extensively with students, she understands the importance of equipping them with tangible tools that foster long-term personal and professional success.

Key features of the program include:

- **Practical Mental Wellness Tools:** Teaches stress management, emotional regulation, and self-growth strategies.
- **Interactive & Practical Tools:** Comprehensive video lessons, exercises, and downloadable resources to help students apply concepts in real life.
- **Early Intervention:** Prepares students before college, easing the transition and promoting success.
- **Scalable & Accessible:** Fully online and adaptable for colleges to support student well-being.


The launch of the Courageous Course online mental wellness program marks a significant step toward reshaping how students prepare for the emotional and psychological challenges of college life. It seamlessly integrates into college orientation programs,

equipping students with essential mental wellness tools from day one.

As colleges seek to improve student retention and well-being, this program offers a scalable resource that fills a crucial gap in mental health support.

For more information about the Courageous Course online mental wellness program, please visit <https://courageouscourse.com/> or contact Ely at kathryn@courageouscourse.com.

Socials: @?courageouscourse

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