

KOGNITO



COLLEGE IS ROUGH

Students today face increasing pressures that can lead to emotional distress, depression, anxiety, substance abuse, and even thoughts of suicide.



STUDENTS & FACULTY/STAFF

No matter our role at East Central University (student, faculty or staff), each of us can take small steps that make a big difference.



WHAT IS KOGNITO?

Kognito is an online simulation to help us learn how to recognize signs of distress, use techniques to discuss our concerns, and if necessary, refer someone to appropriate resources. The Oklahoma Dept. of Mental Health & Substance Abuse has purchased the program for schools and colleges to use for free.



HOW TO ACCESS KOGNITO: (STUDENTS)

1. Visit ok.kognito.com
2. Create a new *FREE* account (Choose College or University Student for POV)
3. Launch At-Risk for Students

**NOTE: Firefox and Google Chrome work best,
MAC USERS: Safari OSX, version 10.13+ is
required**



HOW TO ACCESS KOGNITO: (FACULTY/STAFF)

1. Visit ok.kognito.com
2. Create a new *FREE* account (Choose College or University Faculty/Staff for POV)
3. Launch At-Risk for Faculty/Staff

**NOTE: Firefox and Google Chrome work best,
MAC USERS: Safari OSX, version 10.13+ is
required**

KOGNITO

Conversations that change lives!

For questions, more information, or assistance in creating an account email Whitney Megehee: whidmeg@ecok.edu to schedule a zoom appointment.