The onset of the COVID-19 pandemic has impacted the mental health of people around the world, particularly many young adults. It is a tragedy that as a result of one public health crisis we are now experiencing a new one: a mental health crisis. Thus, it is vital that universities and colleges become aware of the additional challenges students are facing and must accommodate their needs. The intended goal of this project is to conduct a systematic review of mental health resources at UNC-Chapel Hill and highlight how these resources target and benefit the BIPOC population in providing equitable services. We distributed a university-wide survey to assess students' opinions on resources offered at UNC and their mental health. It was found that the resources, organization, and trainings offered by UNC-Chapel Hill are “sometimes helpful” to students and “sometimes helpful” to the BIPOC community. It was also found that a majority of students believe that the university should do more to provide for student’s well-being. This research is vital in understanding what changes need to be made to ensure that student wellness is being valued and prioritized.