Concerns about how the COVID pandemic impacted student mental health abound and current narratives emphasize the toll the pandemic has taken. Part of this talk will share longitudinal data collected before, during, and after the pandemic on UWEC student well-being and engagement in self-harm behaviors. Data sharing potential growth in resilience due to the pandemic will also be shared and how such resilience also impacted student mental health. Thoughts on how the narrative of the pandemic’s effect on mental health will be discussed.