COLLEGE MENTAL HEALTH

A SNAPSHOT OF COLLEGE MENTAL HEALTH

Spike in Mental Health Issues

76%
42%
64%
12%

42%
63%
24%
28.7%

2x

ISSUES THEY'RE FACING
- Sleep deprivation
- Academic stress
- Drinking
- Eating disorders

SUBSTANCE MISUSE
- The use of alcohol or drugs can worsen or contribute to mental health issues.
- Many college students turn to substances to cope with academic pressure or personal problems.

CONTRIBUTING FACTORS
- Stressful academic environment
- Difficulty with coursework
- Financial concerns
- Relationship issues
- Mental health conditions

The prevalence of mental health conditions among college students is high, affecting 1 in 4 students. This is due to various factors, including academic stress, financial concerns, and relationship issues.

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BARRIERS
- Lack of access to mental health services
- Stigma associated with mental health
- Fear of judgment or discrimination

GET HELP NOW
- Campus counseling centers
- Mental health hotlines
- Support groups
- Online resources

College students face numerous barriers when it comes to accessing mental health services. These include a lack of access to services, stigma, and fear of judgment or discrimination.

SOURCES
- National Alliance on Mental Illness
- American Psychological Association
- College Consortium on Mental Health