

Mental Health in College Students

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Introduction

- Decreased mental health and mental illness is very common across college campuses nationwide.
- Lack of knowledge surrounding mental health and mental illness diagnoses is a prevalent issue among these college populations.
- This provides an overview of information and resources about mental health and mental health illnesses.
- It offers helpful information necessary to manage a mental health diagnosis of a person, a family member, or a friend.
- It is a guide to navigating the barriers and difficulties surrounding mental health.

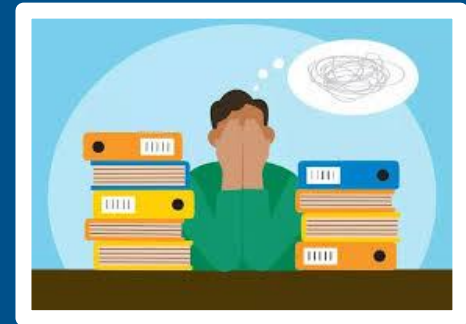
Purpose of Manual

- This manual aims to provide college students, families, educators, and campus professionals with practical tools and strategies to address mental health challenges in academic settings
- It explores common mental health issues faced by students, including stress, anxiety, depression, and burnout, while offering actionable steps for prevention, support, and intervention.
- By increasing awareness and access to resources, it seeks to empower students to prioritize their mental well-being and thrive in all areas of life.

Target Audience & Audience Analysis

Why are college students our target audience?

- 60% of college students meet the criteria for at least one mental health disorder.
- Surge in demand for care since the pandemic.
- College students must balance schoolwork, relationships, work, extracurriculars, and new social environments.
- Common examples of mental health disorders:
 - Eating disorders
 - Anxiety disorders
 - Depression



Chapter 1

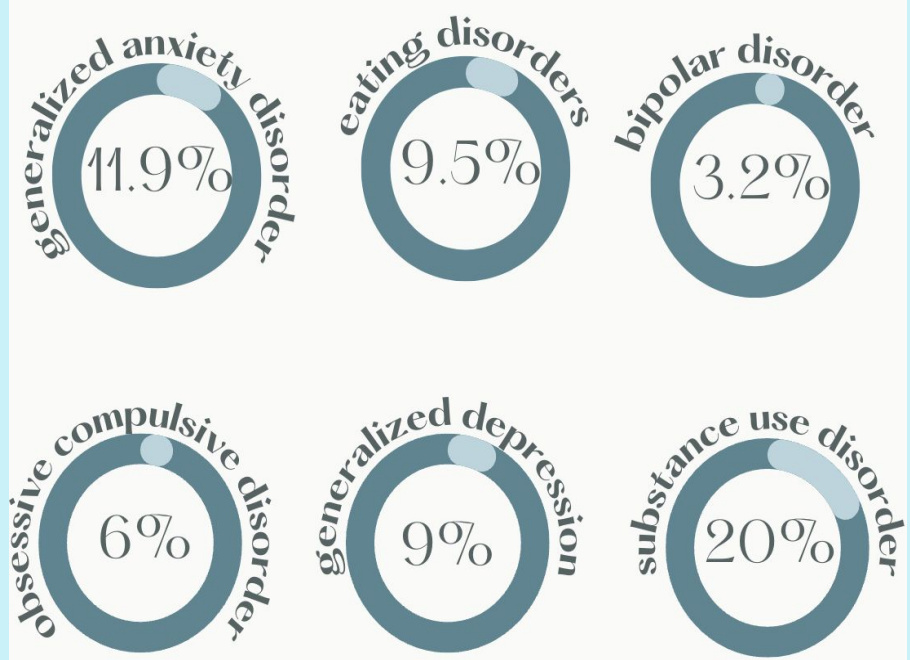
Mental Illness in College Students

Common Mental Health Disorders

- Generalized anxiety disorder
- Eating disorder
- Bipolar disorder
- Obsessive compulsive disorder
- Generalized depressive disorder
- Substance use disorder

Rationale:

- Investigates the common mental health disorders as well as prevalence amongst college students



Chapter 2

Signs, Symptoms, and Early Detection

- Emotional symptoms
- Cognitive symptoms
- Physical symptoms
- Behavioral signs
- Importance of early detection
- Challenges of early detection
- Strategies for early detection



Rationale:

Explores indicators of mental health issues, and emphasizes the importance of early detection. Addresses common barriers, and provides strategies to identify and intervene effectively.

Chapter 3

Risk Factors in Specific Populations

- Female students
- Low income students
- Students of color
- Student caregivers
- Student athletes
- LGBTQ+ students
- Foreign exchange students

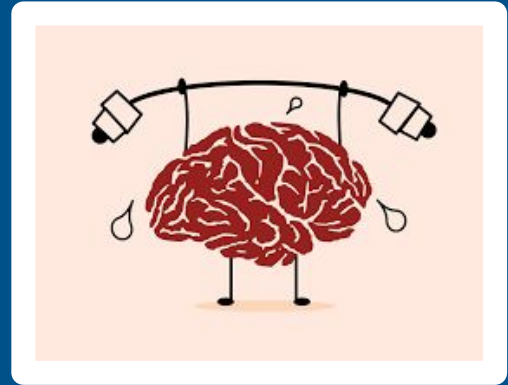
Rationale:

Examines mental health risk factors in diverse student populations.

Chapter 4

Impacts of Mental Health on College Students

- Academic impact
- Social & Peer Relationships
- Emotional & Psychological
- Physical & Behavioral
- Financial Impact
- Personal Development



Rationale:

- Investigates the impacts and effects mental health disorders can have on college students.

Chapter 5

Intervention and Treatment Strategies

- Goals of mental health interventions and treatments
- Mental Health Interventions
- Mental Health Treatments
- Signs for when it is right to seek treatment

Rationale:

Explores mental health interventions and treatment strategies and describes signs of when it is time to reach out for help.

Chapter 6

Living with Mental Health Disorders

How to manage your mental health:

- **Set Reasonable goals and priorities**
 - Considering your mental health status set new daily or monthly goals that can be accomplished.
- **Avoid substance abuse**
 - Substance use and mental health disorders can have mutually negative effects.
- **Take care of your physical health as well**
 - Taking walks, yoga, workout classes, etc... helps to maintain your physical health too.
- **Educate yourself**
 - A doctor or therapist can provide you with information or may recommend classes, books or websites.
- **Build a support system**
 - Family, friends, or support groups can help share the weight of the new diagnosis and symptoms.
- **Find treatment**
 - Connect with a physician, therapist, psychiatrist, local help center, rehab facilities.

Rationale: Describes ways to manage a difficult mental illness and ways to improve and control mental health status in general which is helpful for all those impacted.

Chapter 7

Solutions and Resources

How you can get further help:

- **Samhsa's national helpline:** Call 1-800-662-HELP (4357) or text your zip code to 435748 (HELP4U)
- **Crisis text line:** A free, 24/7 service that provides support and information via text
- **American Psychological association:** A resource with information on psychological topics and a database of publications
- **Moodfit:** A free app that helps track mood, manage negative emotions, and provides information about treatment options
- **Better help:** A platform that offers convenient and affordable therapy

Rationale: Providing easily accessible extra resources, some being free, for those struggling with maintaining positive mental health.

Chapter 8

Conclusion

- Chapter summaries
- Going Forward
 - Closing paragraph
 - Mental health resources

Rationale:

Summarize the main lessons of the technical manual, and instill a sense of hope and confidence in the audience to learn more about mental health and reach out for help.



How, When, Why?

How?

- Chapters contain titles and images
- User-friendly design
 - Table of contents
- Organized for ease of navigation

When?

- To learn about mental health disorders in college students
- To explore options with solutions and resources

Why?

- Includes information from trusted sources
- Tailored to college aged students
- Designed to give all the information needed

Conclusion

- Mental health on college campuses is an issue that needs to keep being addressed.
- We hope this presentation has provided some helpful information surrounding mental health and mental illnesses.
- Educating yourself on these topics presented is very important for your own benefit and those around you.
- We hope you now feel comfortable enough to manage your own mental health, and help your friends and family that may be struggling with theirs.

Thank you!

References

- Cripps L, Deyell Hood C. Recovery and mental health: Exploring the basic characteristics of living well with mental illness. *Therapeutic Recreation Journal*. 2020;54(2). doi:10.18666/trj-2020-v54-i2-9948
- Pedrelli P, Nyer M, Yeung A, Zulauf C, Wilens T. College Students: Mental Health Problems and Treatment Considerations. *Acad Psychiatry*. Oct 2015;39(5):503-11. doi:10.1007/s40596-014-0205-9