

Mental Health on Campus



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Mental Health on Campus

- College students and mental health.
- Exactly what is an emergency?
- What are my resources?



Break the Stigma

<https://youtu.be/esx34n3mFCo>



Mental Health on Campus

College students and mental health

Ninety-five percent of college counseling center directors surveyed said the number of students with significant psychological problems is a growing concern in their center or on campus, according to the latest Association for University and College Counseling Center Directors survey of counseling center directors. The survey also found that:

- Anxiety is the top presenting concern among college students (41.6 percent),
- followed by depression (36.4 percent),
- and relationship problems (35.8 percent).

- On average, 24.5 percent of clients were taking psychotropic medications.
- 21 percent of counseling center students present with severe mental health concerns,
- while another 40 percent present with mild mental health concerns.





Mental Health on Campus

College students and mental health

The top five mental health problems facing college students per a survey by the National Alliance on Mental Illness (www.nami.org).

1. Depression
2. Anxiety
3. Suicide
4. Eating Disorders
5. Addiction

**student
minds**



Mental Health on Campus

College students and mental health

Common stressors among our population:

Anxiety

Depression

Other stressors (loss/grief, domestic abuse/legal problems, financial, homelessness)

Addiction



IMPORTANT

- Caring faculty/staff is important. Listen to students.
- Faculty/staff can assist by finding help.
- The goal is find resources that lead to a healthier and happier college career.

Mental Health on Campus

Exactly what is an emergency?



Basically any safety concerns.

Suicidal thoughts or behaviors to harm self.

Homicidal thoughts or behaviors to harm others.

Threats of harm to vulnerable populations. (children, elderly, disabled)



IMPORTANT

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- Faculty/staff can assist by finding help.
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Mental Health on Campus – Important Contact Information



Resources

www.SuicidePreventionLifeline.org

1-800-273-8255 (TALK) 24/7

For Alcoholics Anonymous (AA), Al-Anon, Alateen meetings

www.centexintergroup.com, 'meetings' tab then 'Temple-Belton-Killeen' tab.

1-254-754-3336, 24/7

Other:

MHMR, Mental Health Crisis Line: 1-800-888-4036

Domestic Violence Hotline: 1-800-799-7233 (SAFE)

Texas Child & Elder Abuse Reporting: 1-800-252-5400

UMHB Community Life Center (Counseling Only): 254-295-5531

Mental Health on Campus – Important Contact Information



Resources

www.ulifeline.org

www.jedfoundation.org/students

(Tips on helping friends in a crisis and ideas on developing good wellness habits.)

Beyond OCD, <http://beyondocd.org/information-for-college-students>

Anxiety Resource Center, <http://anxietyresourcecenter.org>

The Trevor Project, <http://www.thetrevorproject.org/section/get-help>

(The Trevor Project is support for the LGBTQ community. 1-866-488-7386)

Mental Health on Campus – Important Contact Information

Eating Disorder Hope, <http://www.eatingdisorderhope.com>

Alcoholics Anonymous, www.aa.org

Narcotics Anonymous, www.na.org

Veterans Crisis Line, 1-800-273-8255

Confidential chat at VeteransCrisisLine.net or text to **838255**



Resources

Guardian of the Golden Gate Bridge
<https://youtu.be/mddQzCd23EY>

Famous People with Mental Illness
<https://youtu.be/u9Xw1LCKACE>