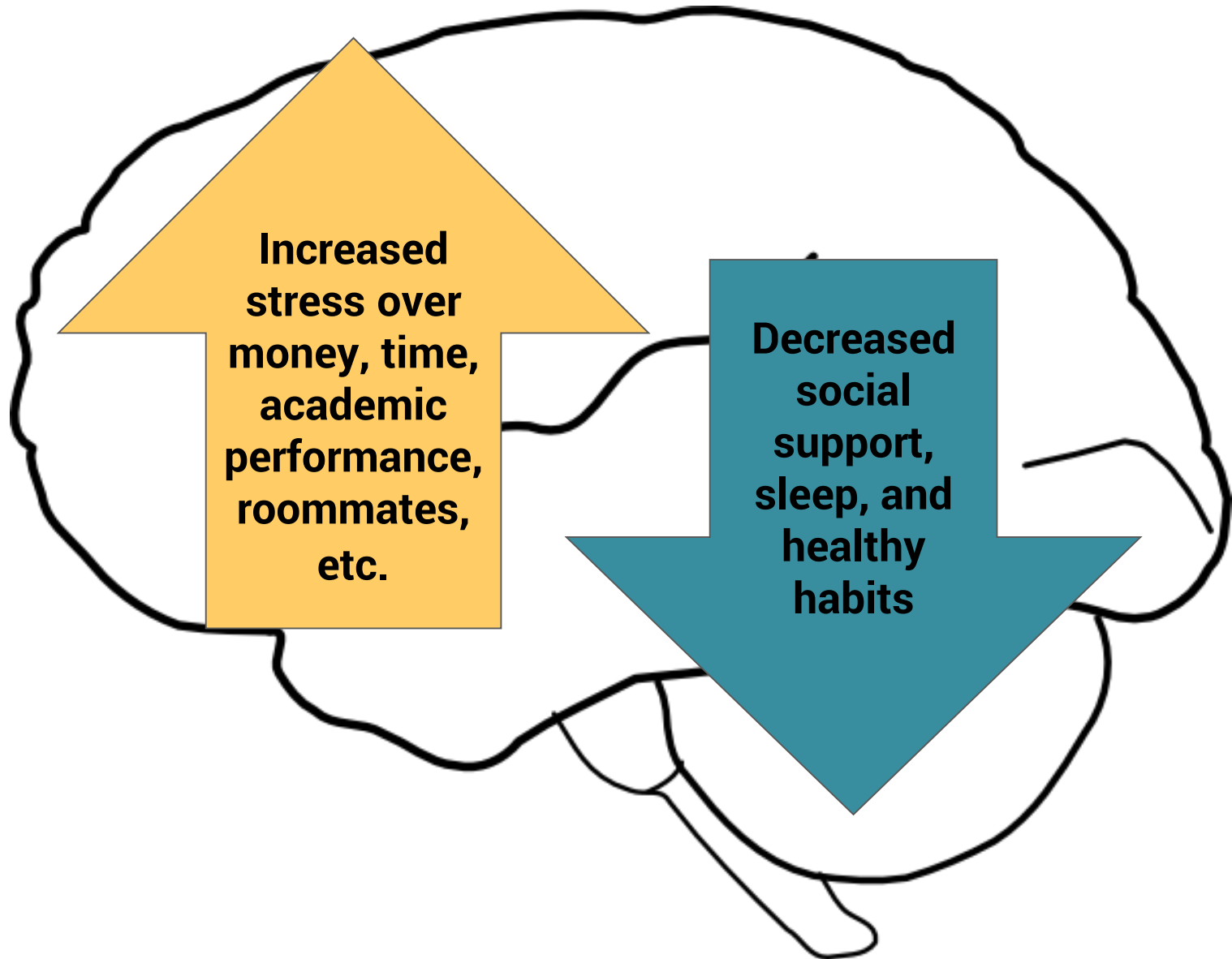


Managing Mental Health in College

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What Could Possibly Go Wrong?



Is Mental Health Really An Issue?

25%
meet the criteria
for an anxiety
disorder

Of students
who drop out,
62% do so
because of
mental health
concerns

30%
experience
symptoms of
depression

Suicide is the
2nd leading
cause of death
for 15-24 year
olds

What To Watch For

Depression

- Lost of interest
- Chronic fatigue
- Expressing worthlessness
- Difficulty concentrating
- Sleep issues
- Talk about self-harm or suicide
- Isolation
- Unexplained sadness



Anxiety

- Overwhelming stress or worry
- Racing thoughts about “what ifs”
- Avoidance of stressors
- Indecisiveness
- Digestive problems or pain that doesn’t resolve with treatment
- Difficulty breathing or panic attacks

Protecting Your College Student

Know your support systems



Encourage exercise and good nutrition



Be realistic about course loads



Discuss effects of drugs and alcohol



Monitor for symptoms



Where To Get Help

College Counseling
Centers

County Mental Health
Authorities

Suicide Prevention Crisis
Line: 1-800-273-8255

