

The Facts:

Mental Health on Campus

Mental health concerns are prevalent among college students

- a. An estimated 26 percent of Americans ages 18 and older – or about 1 in 4 adults - live with a diagnosable mental health disorder in a given year.
- b. Serious psychological disorders are more prevalent among 18-24 year olds than all adults aged 18 or older. However, compared to older adults, the 18-24 year old age group shows the lowest rate of help-seeking.
- c. Three-fourths of all lifetime cases of psychiatric illnesses are present by 24 years of age.
- d. The number of veterans on college campuses is expected to jump 30%, by more than 100,000 people, this year. Nearly 30 – 40% of returning veterans face serious mental health challenges, including anxiety, depression, and Post-Traumatic Stress Disorder.

Mental health concerns impact students' ability to thrive

- a. Almost one third of all college students report having felt so depressed that they had trouble functioning
- b. Mental health issues in the college student population, such as depression, anxiety, and eating disorders, are associated with lower GPA and higher probability of dropping out of college.

Mental health concerns are deadly

- a. Suicide is the 2nd leading cause of death among college students, claiming the lives of 1,100 students each year.
- b. More than half of college students have had suicidal thoughts and 1 in 10 students seriously consider attempting suicide. Half of students who have suicidal thoughts never seek counseling or treatment.
- c. 67% of college students experiencing suicidal ideation tell a friend they are feeling suicidal before telling anyone else.
- d. More than 90% of people who die by suicide have a diagnosable mental illness at the time of their death.

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Mental health concerns impact students' ability to thrive

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