

SUPPORTING STUDENT MENTAL HEALTH

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FCAN'S 7 CONDITIONS

Seven Conditions that Create a Resilient Workforce and Spark Economic Mobility

Opportunity for Everyone: To build a talent-strong economy, all Floridians need access to a postsecondary education and the supports to complete it.



SUPPORTING STUDENT MENTAL HEALTH

As 50% of mental illnesses present by age 14 and 75% by age 24, it is imperative that high schools and colleges prioritize student mental health.

Current college and high school students have persevered through the stress related to the COVID-19 pandemic; but this generation of students now struggle with a greater prevalence of mental health issues.

This presentation will cover the current trends and issues, mental health signs and symptoms, strategies, and resources that can help students succeed while transitioning to college.



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TRENDS & STATISTICS

- **Current research...**

College student mental health serious concern

2022 Admissionly.com-feelings of depression impede functioning 45.1%, doubled in past decade, African-American and sexual minorities greater risk

Reuters- between 2007-2018 depression, suicidal thinking, and self-injury among US college students has doubled

50% college students report their mental health to be below average or poor

[2021 College student mental health diagnosis](#)



TRENDS & STATISTICS

- **Over 50% of students with serious mental health issue report that their college doesn't know.**
- **Students were most likely to report preference for their institution to provide more remote health and well-being support in the form of student health or mental health services, such as telehealth (48 percent) and provide more remote social support/sense of belonging (41 percent).**
- **Female (76%) and non-binary (81%) students were more likely than male students (55%) to say the pandemic has caused them stress or anxiety.**

Thoughts?



TRENDS & STATISTICS

2021-American College Health Association (ACHA) found depression and anxiety the leading hindrances affecting academic performance. Apart from its negative effect on academic performance, depression also puts you at a greater risk of substance abuse and suicidal thinking. College is also the time when many people experience depression for the first time. A more disturbing fact is that many students do not get medical help to deal with depression.

Anxiety has more than doubled in the past decade among college students. Causes include-

Stress over grades

Financial anxiety

Overworked

Sedentary lifestyles

Biological and genetic causes

Traumatic events including sexual assault and racism


DEPRESSION



SIGNS & SYMPTOMS- DEPRESSION

Depression is a mood disorder that causes a persistent feeling of sadness and loss of interest for at least two weeks or longer.

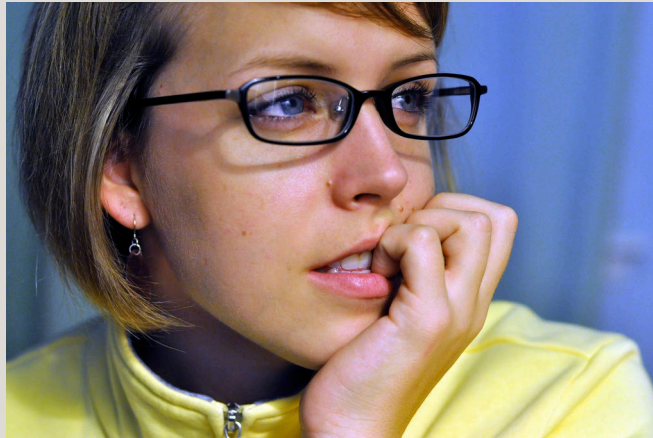
First time on their own, new pressures or responsibilities, homesick, adjustment to new peers or job, etc...

- Feeling negative emotions
 - Less engaged in conversation or normal activities
 - Shutting down when asking how they are feeling or “why”
 - Eating and sleeping changes- more or less
 - Negative self-talk
 - Unexplained pain or chronic illness
 - Grade changes
 - Suicidal thoughts
- 

STRATEGIES FOR HELPING STUDENTS WITH DEPRESSION

- **Assess for suicidal risk**
- **Listen empathically**
- **Make an action plan for times of crisis**
- **Help the student with thought reframing – getting rid of all or nothing thinking**
- **Help the student identify meaning in their life**
- **Establish goals**
- **Note even small improvements**
- **Suggest the student engage in a hobby they used to enjoy**
- **Get outside**

ANXIETY



SIGNS & SYMPTOMS- ANXIETY

- The combination of academic pressure, moving away from home, new social situations, and financial stressors can create the perfect storm for anxiety to surface during the college years.
- Symptoms are lasting for six months or more and getting in the way of how you normally function= a possible anxiety disorder
 - Nervousness
 - Uncontrollable worry
 - Negative thoughts
 - Obsessive thoughts
 - Inability to maintain focus
 - Muscle tension
 - Restlessness

CASE STUDY

3.3% of 17- to 18-year-olds suffer from panic disorder. A student comes into your office having a panic attack. She is crying and her breathing is erratic. She can't answer your questions, and she keeps clutching her stomach. No matter what you say, she can't stop crying. You pull her into your office, which is a calming environment, but nothing seems to work to calm her down. What do you do?

STRATEGIES FOR CASE STUDY

To initially help the panic attack stop:

- Help the student practice grounding techniques such as counting 5 things they see, 4 they hear, 3 they feel, 3 they smell, and one they taste.
- You could also have the student count backwards from 25
- Have the student use an anchoring phrase such as reciting basic thoughts about themselves
- Play a memory game with the student
- Help the student visualize an imaginative mental safe space

For future prevention or minimalization: stress reduction techniques, regular exercise, healthy eating, reducing caffeine intake, cognitive behavioral therapy.

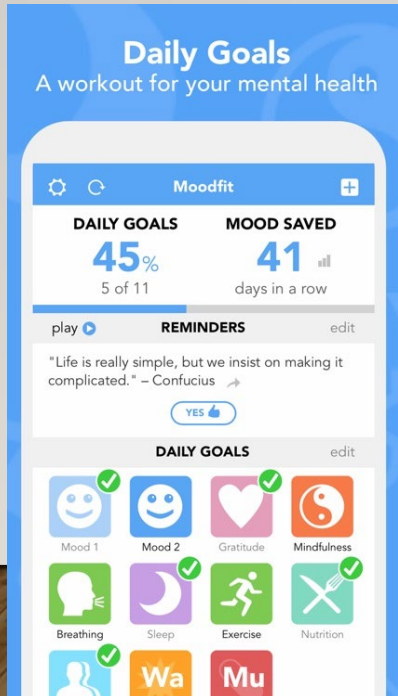
STRATEGIES FOR HELPING STUDENTS WITH ANXIETY

- Help the student practice deep breathing
- Practice guided meditation
- Support the students in decision making
- Help the student practice gratitude
- Encourage healthy eating
- Encourage expression through the arts

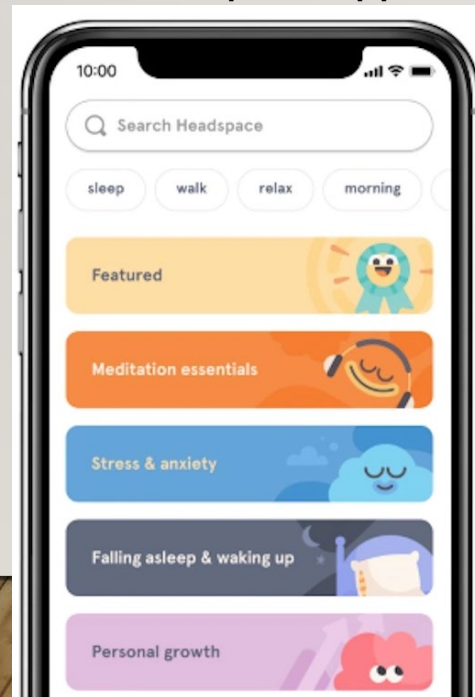
MENTAL HEALTH RESOURCES



Moodfit App



Headspace App



Campus Counseling Centers



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