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Mental Health in College Students

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All presenters are RN to

BSN students at Wittenberg

University who will graduate

in May of 2020

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Riverside Methodist Hospital
Intermediate Care specialty

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Medical Cardiology

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"Stigma and awareness of mental health guides usage of services available on campus"

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Dental

06

- Family
  - Thoughts, actions, words, depictions
- Friends
  - How they react to mental health topics or those with mental health illnesses
- Media
  - “Sick”, “need help”, or “we have all been there”
- Personal views

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How does stigma affect usage of mental health resources?

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Awarenes

- More students enter college with pre-existing mental health disorders versus the fraction of students who develop a mental health disorder after entering college
- Of 1500 college students surveyed by the World Health Organization:
  - 20% of these students had a mental health disorder
    - Of these, 83% had the disorder prior to entering college

Mental Health Literacy

Self-stigmatization vs. mental health literacy

- Make sure resources are reliable and sources are cited
- Offer education to college freshmen

Anxiety and depression vs. stress

- Do not make assumptions that it’s “just stress”;
- Your feelings are valid

WHAT IS AVAILABLE TO OUR STUDENTS HERE AT WITTENBERG?

Process of Mental Health Services for Students

Services Available at Wittenberg:

- Full diagnostic assessment
- Counseling biweekly
- Walk-in hours available
- Psychoeducational tools

STEP 1

Call or email Counseling at Witt

STEP 2

Go to your in-take appointment

STEP 3

Set up counseling sessions biweekly

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https://www.wittenberg.edu/administration/healthwellness/tiger-counseling-services

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Conclusion

Mental Health: Emotional, physical, and psychological well being
Stigma: comes from many different influencers; how one perceives themselves or an idea; can be positive or negative
Negative Stigma = Less Usage Of Mental Health Services

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