



# Mental Health in College Students

# 02

All presenters are RN to  
BSN students at Wittenberg  
University who will graduate  
in May of 2020

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



# 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

How does stigma affect  
usage of mental health  
resources?



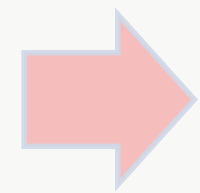


- More students enter college with pre-existing mental health disorders versus the fraction of students who develop a mental health disorder after entering college
- Of 1500 college students surveyed by the World Health Organization:
  - 20% of these students had a mental health disorder
    - Of these,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

# Mental Health Literacy

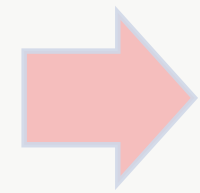
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Self-stigmatization vs. mental health literacy



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?

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# Process of Mental Health Services for Students

## Services Available at Wittenberg:

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

## STEP 1

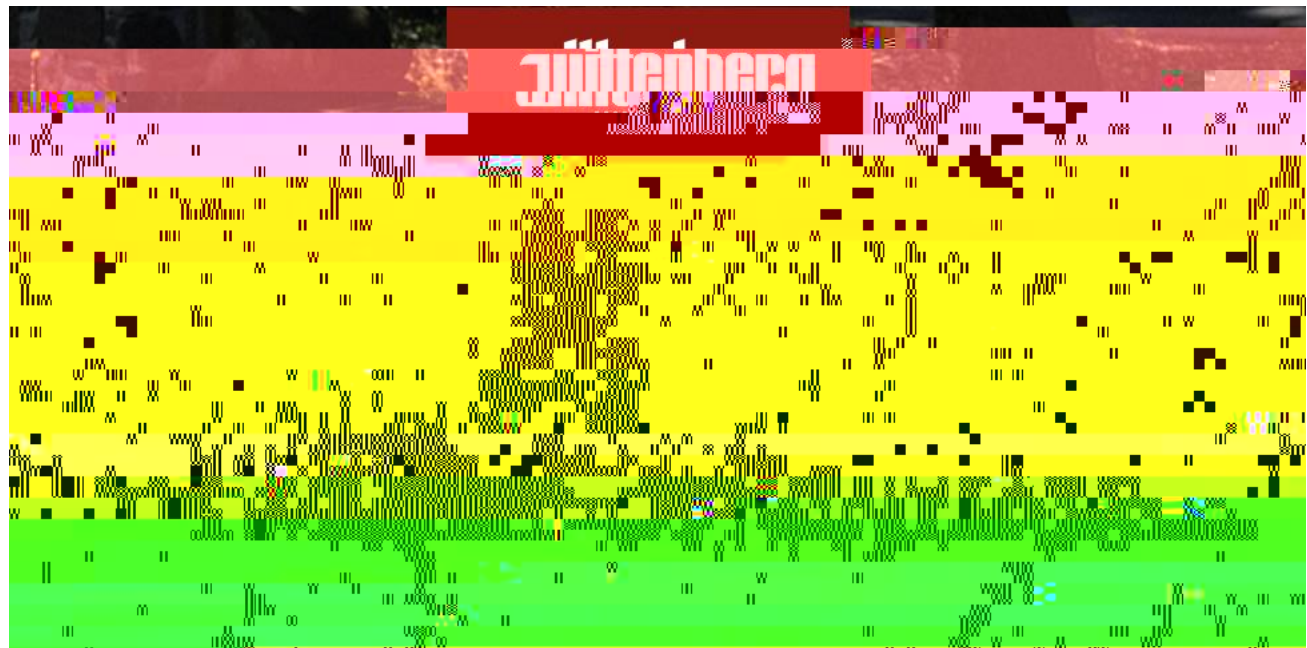
Call or email  
Counseling at Witt

## STEP 2

Go to your in-take  
appointment

## STEP 3

Set up counseling  
sessions biweekly





# 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**

