



# MENTAL HEALTH AND COLLEGE STUDENTS



College students can easily feel anxious trying to balance school, work, friends and family while also trying to figure out the rest of their lives.

Anxiety disorders are one of the most common mental health problems on college campuses.



## FORTY MILLION

U.S. adults suffer from an anxiety disorder and 75 percent of them experience their first episode of anxiety by the age of 22.

### 30%

of college students reported that stress had negatively affected their academic performance.<sup>1</sup>

### 85%

of college students reported they had felt overwhelmed by everything they had to do at some point within the past year.<sup>1</sup>

### 41.6%

stated anxiety as the top presenting concern among college students.<sup>2</sup>

### 24.5%

of college students reported they were taking psychotropic medication.<sup>2</sup>

## FIND HELP



Most college and university campuses have mental health resources available for students.

### ON-CAMPUS

- Visit your campus health or counseling center and ask about their counseling services.
- Call the psychology or behavioral health department and ask about counseling sessions with graduate students.
- Visit your school's chaplain, religious or spiritual leader.
- Confide in a friend, RA, professor or mentor. Ask him or her to go with you to seek professional help.

### OFF-CAMPUS

- Visit your family physician, who may be able to treat you or refer you to a professional who specializes in the specific disorder.
- Confide in a parent or relative. Ask him or her to support your efforts in finding help.
  - Search the ADAA "Find a Therapist" database for a mental health professional in your area.
- Find a local support group. Many counseling centers, hospitals, community centers, and places of worship run or host support groups.

Learn more about mental health and college students at:  
[www.adaa.org](http://www.adaa.org)



Anxiety & Depression Association of America  
Triumphing Through Science, Treatment, and Education

1. 2015 National College Health Assessment  
2. 2013 Association for University and College Counseling Center Directors Survey