

# 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 2<sup>nd</sup> 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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### Mental health concerns are deadly

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