

Student Mental Health Information and Numbers by Active Minds

Suicide is the second leading cause of death among college students

2/3 of students with anxiety or depression don't seek treatment

280 people decide not to go through with a suicide attempt for every person who dies by suicide

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39% of students in college experience a mental health leadth issues begin by the age of 14, 75% begin by the age of 24

30% of students in college experience a mental health leadth issues begin by the age of 14, 75% begin by the age of 14, 75% of college students first tell a friend they are feeling suicidal before telling anyone else



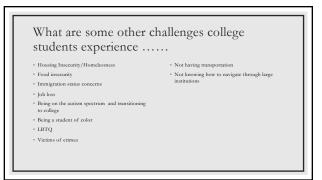
Are sometimes perceived as being more of harmonic face increased face to face students have undents have of COVID-19]

Are sometimes perceived as being more of harmonic face in face face for face face to face students have not (that may change due to COVID-19)

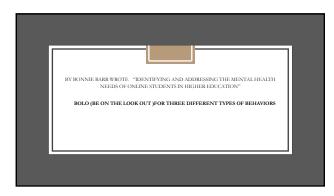
It can be easier to to miss symptoms of challenging to distance learners with distance learners when dist











# Look to differentiate and identify.....

- $\circ$  Atypical behaviors, which may be behaviors that are simply not typical for a particular student.
- Unusual behaviors, which Barr defines as "behavior that is abnormal or unusual, even in the college community; such as paranoia, ongoing magical or fantastical thinking, or actions which interfere with the learning atmosphere."
- Poor academic performance, which can lead to a downward spiral as emotional issues compromise academic performance, which causes greater distress and anxiety.



## Is Different than

- · Content of work becomes negative/dark/odd in tone (atypical)
- ° Emails are accusatory, manipulative, sexually inappropriate or threatening (unusual behavior)
- Discussion post contents are: Bizarre, fantastical, paranoid, disruptive, confused, or show disorientation (unusual behavior)
- Emails are accusatory, manipulative, sexually inappropriate or threatening (unusual behavior)
   Late assignments from beginning of course, Not turning in work at all. (academic performance)
- ° Ongoing display of anxiety about assignments (academic performance)
- ° Not re-doing work when given an opportunity (academic performance)
- ° Failing quality of work from beginning of course (academic performance)
- Not turning in work at all (academic performance)

## Why professors may not be reaching out?

- They are being asked to go beyond their job descriptions
- They are not trained

- ° They need more professional development
- · Grey areas are challenging
- · They may be confused
- It may have a negative impact on professor's personal life
- · What do you think are some roadblocks?

#### What Can You Do?

- Crisis services: Prominently display phone numbers for crisis and/or suicide hotlines.
- Self-heln services: Provide access to tools for self-evaluation, with accompanying articles on strategies for coping with common mental health issues.
- Referral to disability services: Provide links to the institution's office for students with disabilities. Online students who are new to college may have previously unaddressed disabilities such as attention deficit disorder or learning disabilities. Students with documented diagnoses of mental disorders are entitled to reasonable academic accommodations.
- who make inquiries for services receive a personal response.



#### More specifics of what you can do

- WHAT YOU CAIL TO

  Make sure that prior to class starting you 
  sommunicate approachability (se. If at 
  some proper starting proper starting proper 
  some proper starting proper 
  you be presented by the proper 
  you to 
  reach out to me."

  Validate students who allow themselves to 
  be vulnerable with you and validate their 
  feelings. You do not have to be 
  a professional to do this...." it sounds like 
  professional to do this...." it sounds like 
  professional to for this proper 
  thank for trusting me.

  Offer help that is within your scope of
- Offer help that is within your scope of working with student...ie. I will work with you on the academic piece, have you reached out to anyone and if not, could I refer you to someone that is better equipped





- https://www.unccod.org/assets/documents/Survey/2018%/20ACD%/OSsrvey-Dublic-lune%/2012-ERNAL\_pdf
   https://www.insidehiphered.com/dipital-learning/article/2019/09/04/university-amps-mental-health-services-distinctive-needs-online
   https://www.bestcollees.com/resources/top-5-mental-health-services-distinctive-needs-online
   https://www.bestcollees.com/resources/top-5-mental-health-services-distinctive-needs-online

- problems-facing-college-students/

  https://www.westga.edu/~distance/ojdla/summer172/barr172.html
- https://www.helppro.com/HP/BasicSearch.aspx
   https://screening.mentalhealthscreening.org/post
- https://www.bestcolleges.com/resources/top-5-mental-health-problems-facing-college-students/



