

Mental Health Fact Sheet and Resources *for Faculty and Staff Who Assist Students*

Mental Health Facts

Mental health issues can have a profound impact on students' ability to engage fully in the opportunities presented to them while in college. These issues affect students' physical, emotional, and cognitive well-being and can lead to poor academic performance, lower graduation rates, and poor interpersonal relationships.

The onset or exacerbation of mental disorders often occurs during young adulthood

- Among all age groups, 18- to 25-year-olds have the highest lifetime prevalence of serious psychological distress, i.e., mental illness that results in functional impairment (18.6%), and the highest past year prevalence of major depressive episode (9.7%).

Substance Abuse and Mental Health Services Administration. (2006). Results from the 2005 National Survey on Drug Use and Health: National findings. Rockville, MD: Office of Applied Studies, NSDUH Series H-30, DHHS Publication No. SMA 06-4194.

University of Minnesota–Twin Cities (UMTC)

Depression and anxiety are the two most frequently reported mental health diagnoses for students both during their lifetimes and during the past 12 months. Below are some highlights from the 2007 College Student Health Survey; the full report can be viewed at:

http://www.bhs.umn.edu/healthdata/results/chs/UMTC_07/UMTC_Report2.pdf

- Among UMTC students, **25.1%** report being diagnosed with at least one mental health condition within their lifetime.
- Additional analysis shows that **13.2%** report being diagnosed with two or more mental health conditions within their lifetime.
- More than one-quarter (**28.7%**) of UMTC students report they are unable to manage their stress level. Additional analysis shows that among these students, **15.8%** also report they were diagnosed with depression within the past 12 months.

Minnesota Colleges and Universities

In 2007 Boynton Health Service reported on mental health at 14 Minnesota colleges and universities. This report can be viewed at:

http://www.bhs.umn.edu/healthdata/results/chs/14MNCollegesUniversities/14MinnesotaCollegesUniversities_Report2.pdf

Additional Information

The Provost's Committee on Student Mental Health has designed a web site

www.mentalhealth.umn.edu for students, their parents, and faculty and staff who are looking for information and resources. The faculty and staff pages include sections on *Assisting Students in Distress* and *How to Raise a Sensitive Issue or Approach a Student*. The committee recommends that faculty and staff review and bookmark this site.

Primary Campus Mental Health Resources for Students

The new **Student Mental Health web site** www.mentalhealth.umn.edu is designed for students, their parents, faculty, and staff who are looking for student mental health information and related resources at the University of Minnesota, Twin Cities campus. The section designed specifically for faculty and staff provides guidance in assisting students in distress www.mentalhealth.umn.edu/facstaff. We recommend that you review and bookmark this site.

The primary on-campus offices for students in distress are below. If you believe the best course of action is to walk a student to one of these offices, please call ahead for consultation or advice.

- **Boynton Health Service** www.bhs.umn.edu/services/mentalhealth.htm offers individual and couple counseling, urgent consultation, group therapies, medication assessment/management, social work assistance, and chemical health assessment/treatment.
Hours: Monday (8:00-6:00); Tuesday-Friday (8:00-4:30)
Consultation about student situations is available by phone at 612-624-1444.
- **University Counseling and Consulting Service** www.uccs.umn.edu/ offers both individual and group counseling for a range of concerns including academic difficulties, career exploration, and personal concerns.
Walk-in hours for urgent student needs: Monday-Friday (8:00-4:30)
Consultation about student situations is available by phone at 612-624-3323.

Additional University Resources

Disability Services ds.umn.edu provides assistance with academic accommodations for students with diagnosed mental health conditions. Consultation regarding disability issues is available for faculty and staff in-person or by phone 612-626-1333.

Office of International and Student and Scholar Services www.iss.umn.edu assists international students and scholars with many concerns, including stress and mental health issues. Confidential consultation is available for faculty and staff concerned about international students and scholars. A counselor can be reached at 612-626-7100.

Crisis/Urgent Consultation /After Hours Consultation

- **Mental Health Crisis:** Call campus police at 9-1-1.
- **24-Hour Consultation:** Crisis Connection 612-379-6363 or 1-866-379-6363 (toll free).