



Mental Health in College Students

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



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WHAT IS MENTAL HEALTH ?

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- Emotional, psychological, and social well-being
- Affects how we think, feel, and act
- Determines how we handle stress, relate to others, and make decisions
- Some conditions are organic
- Things that contribute to impaired mental health include sleep disorders, stress, family background and situation, genetics, abuse

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

Where does
one's stigma
regarding mental
health originate
or how is it
created?

“Stigma” is the perception of a topic.

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Where does “stigma” originate?

- 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
 - Gained through life (not born with perception of stigma)
- “Self Stigma” (Reflection)
 - What do you think people would say about you, if they knew you had mental health difficulties?

How does stigma affect
usage of mental health
resources?

R e s o u r c e s a r e n o t
b e i n g u s e d l i k e t h e y
s h o u l d .

S . T . I . G . M . A h a s a
n e g a t i v e i m p a c t o n
t h e u s a g e o f m e n t a l
h e a l t h s e r v i c e s .

Most students aren't using the resources available. "Many college students hold a level of 'self-stigma.'"

Higher self-stigma = Negative attitude towards mental health treatment.

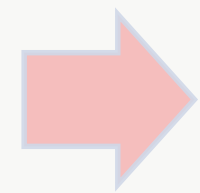
"The media has played a large role in reporting negative aspects of mental illness, such as criminality, drug and alcohol use, and addiction."

- 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

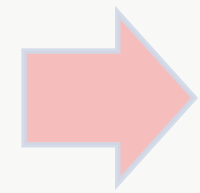
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Self-stigmatization vs. mental health literacy



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?

Process of Mental Health Services for Students

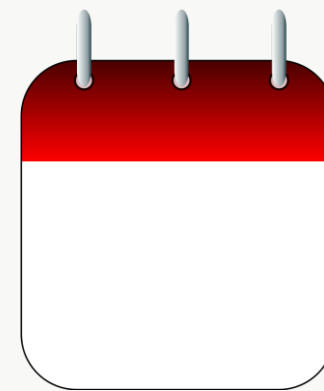
Services Available at Wittenberg:

- 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

How to Schedule an Appointment:

To schedule an appointment, call [\(937\) 327-7946](tel:937-327-7946) or stop by the Counseling Center in 210 Shoumlin Center during regular business hours (8 a.m. to 5 p.m. Monday to Friday, with extended hours until 7pm on Tuesdays). If we are unavailable, please leave a message with your name and telephone number, and we will get back to you as soon as possible.

You will be scheduled for an initial consultation and assessment appointment which may take about 60 minutes. Please arrive about 15 minutes early for your first appointment in order to complete your intake paperwork. During this first appointment you and a counselor will work to identify your concerns and explore how to best meet your needs. In crisis situations a counselor will try to see you as soon as possible. If you should have any questions about the services provided, or if you would like to consult with a counselor please call [\(937\) 327-7946](tel:937-327-7946).

Location:

- 210 Shoumlin Center

<https://www.wittenberg.edu/administration/healthwellness/tiger-counseling-services>



Counseling Contacts

Wittenberg
Counseling
Services
(937) 327-7946

Clark Country
Mental Health
Services
(937) 399-9500

Talk One-2-
One
1-800-756-3124

Suicide
Prevention
Line
1-800-273-8255

Director of Student
Counseling:
Matthew West

Staff Counselor:
Brooke Schmidt

Graduate
Student/Counselor
in Training:
Morgan McGinnis

Email:
counseling@wittenberg.edu
Locations:
210 Shouplin Center

Conclusion

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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

Awareness: Mental health is real, and it affects many people

Education: it is important to educate yourself on mental health and what is available to you

Availability: Wittenberg has so many resources available!!

REMEMBER:

It is OKAY to not be OKAY.

YOU MATTER AND YOUR FEELINGS ARE REAL!!

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