Mental Health in College Students
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?

• 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
"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.
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?
Resources are not being used like they should.

S.T.I.G.M.A has a negative impact on the usage of mental health services.

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

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 or stop by the Counseling Center in 210 Shouvlin 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.

Location:

- 210 Shouvlin 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 Shouvlin Center
Conclusion

**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!!*
REFERENCES


