College Mental Health, Part I: Understanding and Helping Your Students in Distress

Over the past several years, college campuses across the nation have experienced a consistent, dramatic increase in the number of students with severe mental health problems. The situation has become so prevalent that it has been frequently documented in national news headlines, publications, and websites, stimulated several specific national conferences, and even prompted federal legislation to address the issue. Why is this happening, and what are the implications for the college campus?

This program will examine the changing trends in college student mental health and why it has important implications for the campus learning environment.

The program will investigate issues such as:

- How to identify factors contributing to the changing student mental health trend
- How to recognize and respond to students who may be suffering from mental health problems
- How to refer students for help
- How the increasing severity of mental health problems affects the campus learning environment
- How severe mental health problems affect the University
- How the challenges of student mental health problems are exacerbated by the status of mental health care in America and the limited availability of mental health care beyond campus borders

Part II of the College Mental Health series will be offered on April 18 from 2:00 to 4:30 pm to provide advanced training on how to talk to and best assist students in distress.

We ask that prior to attendance, you complete the 30-minute “At-Risk” training which can be accessed with your TxState NetID and password at www.counseling.txstate.edu/parfacstaf/fac/log-in-credentials.html.