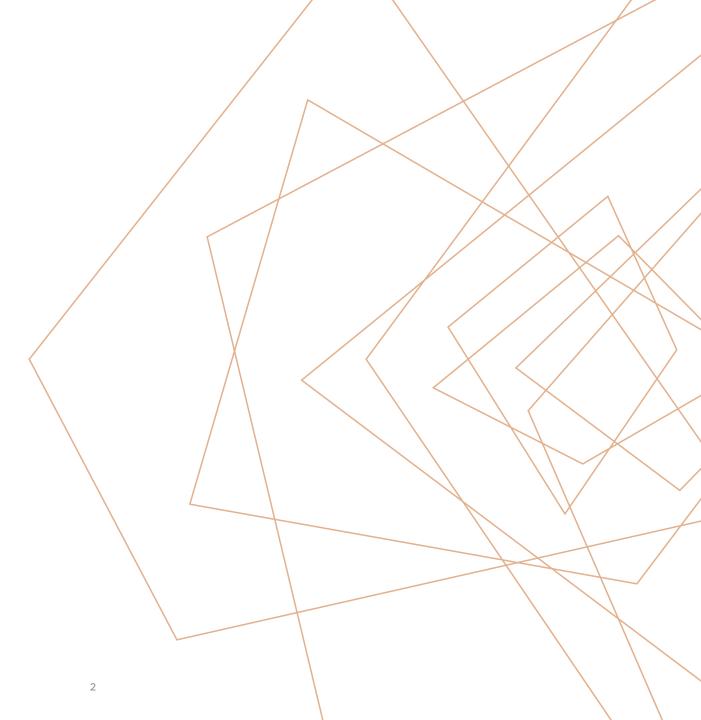


MENTAL HEALTH

Ronda Hockgeiger and Danielle Trapp

WHAT IS MENTAL HEALTH

- Emotional, psychological, cognitive, and social well-being
- Mental health can change how we think, feel, and react to situations
- Positive: warm and fuzzies
- Negative: affects physical health



20XX References 1

DEPRESSION	Hopeless, decreased interest in activities, eating habits changed, change in sleep, decrease in energy, worthlessness, difficulty thinking/concentrating, thoughts of suicide
ANXIETY	Excessive fear, avoids triggers, situations, and activities. Minor-Major
ADHD	Inattention, impulsive, and hyperactivity
SUBSTANCE/EATING	Uncontrolled use of substances. Marijuana, alcohol, tobacco, vaping, prescription, and non-prescription /Anorexic (restricting food), bulimia (vomiting after eating), binge.
COMMON MENTAL	Thoughts and emotions are focused on the eating disorder

HEALTH DISORDERS

PREVALENCE WITH COLLEGE STUDENTS

Depression and Anxiety

2020-1 in 6 had a depressive d/o

83.7% (448 participants) reported anxiety and 86% reported depression

Depression and anxiety are the highest

Suicide

2nd leading cause of death in children and young adults

Percentage

Out of 448 participants:

60.5% reported not having good mental health

95% felt overwhelmed, 81% lonely

Diagnosis

Up to 35% meet criteria for diagnosis

53% of college students had not heard about services on campus



IMPACT

Adverse Childhood Experiences (ACEs)

https://andreasamadi.podbean.com/e/dr-bruce-perry-and-steve-graner-from-the-neurosequential-network-on-what-we-should-all-know-about-what-happened-to-you/

Cognitive

Decline in problem solving, decision making, brain fog, sleep issues, twice as likely to not graduate, negative academic outcomes

Physical

Autoimmune, gut health, chronic pain, tension

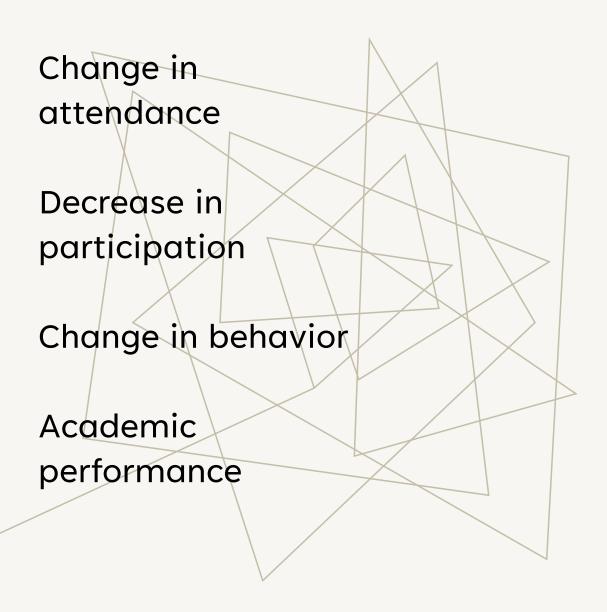
Social

Issues with relationships, isolation, negative snow ball, pressure

Emotional

Inability/decrease ability to control emotions, reactions, new changes, stress

20XX Reference 5



RECOGNIZE WARNING SIGNS

REMINDERS







WHAT CAN YOU DO

Encouragement

- Reach out
 - What they can do (assignments, appointments, etc)
 - Refer to retention
 - Keep instructor informed
 - Encourage
 - Develop a plan
 - Keep checking in
 - Classroom activities

Confidentality

- Encouraging student to discuss during office hours
- Only involve who is necessary
- Asking permission
- Nonjudgmental/uncon ditional positive regard
- Respect

Resources

- Ask student if they have had a therapist in past
- Ability to get to appointments
- -TimelyCare
- - Community Resource Sheet
- -5Cs of mental health



BENEFITS

Resiliency
Improve relationships
Higher productivity
Connection
Increase self awareness
Reduce stress and anxiety

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