



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

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 /Anorexia (restricting food), bulimia (vomiting after eating), binge. Thoughts and emotions are focused on the eating disorder

COMMON MENTAL 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

Percentage

Out of 448 participants:

60.5% reported not having good mental health

95% felt overwhelmed, 81% lonely

Suicide

2nd leading cause of death in children and young adults

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

An abstract graphic consisting of several overlapping, thin-lined triangles in a light beige or tan color. The triangles are of various sizes and orientations, creating a complex, layered geometric pattern that serves as a background for the text on the left side of the slide.

Change in
attendance

Decrease in
participation

Change in behavior

Academic
performance

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

Confidentiality

- Encouraging student to discuss during office hours
- Only involve who is necessary
- Asking permission
- Nonjudgmental/unconditional 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

REFERENCES

College Mental Health Toolkit: Facts, Tips & Resources for Students. The Mental Health Coalition. (2025, April 17). <https://www.thementalhealthcoalition.org/college-mental-health-toolkit/> (1)

Development, P. (n.d.). *Dr. Bruce Perry and Steve Graner on what we should all know about “what happened to you” and writing a book with Oprah Winfrey*. Neuroscience Meets Social and Emotional Learning. <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/> (2)

Diamondhousedetox. (2024, February 19). *The four pillars of mental health: Diamond House*. DiamondHouseDetox. <https://mentalhealth.diamondhousedetox.com/pillars-of-mental-health/> (3)

Guarda, A. (n.d.). *Depression*. Psychiatry.org - Depression. <https://www.psychiatry.org/patients-families/depression> (4)

How are you doing? mental health tips for faculty, staff and students | baylor news | Baylor University. (n.d.). <https://bn.web.baylor.edu/news/story/2024/how-are-you-doing-mental-health-tips-faculty-staff-and-students> (5)

How to talk to your professor about your mental health. Mental Health America. (n.d.). <https://mhanational.org/resources/how-to-talk-to-your-professor-about-your-mental-health/> (6)

Mental health - causes, symptoms, treatment & help. SAMHSA. (n.d.). <https://www.samhsa.gov/mental-health> (7)

Moghimi, E., Stephenson, C., Gutierrez, G., Jagayat, J., Layzell, G., Patel, C., McCart, A., Gibney, C., Langstaff, C., Ayonrinde, O., Khalid-Khan, S., Milev, R., Snelgrove-Clarke, E., Soares, C., Omrani, M., & Alavi, N. (2023, April 6). *Mental health challenges, treatment experiences, and care needs of post-secondary students: A cross-sectional mixed-methods study*. BMC public health. <https://pmc.ncbi.nlm.nih.gov/articles/PMC10076091/> (8)