HIGHER EDUCATION IN THE U.S.

The Crisis of Mental Health on College Campuses
THE PROBLEM

Mental Health on College Campuses

• Typical adolescent pressures coupled with the specific demands of college life make mental health challenges in institutions of higher education a unique area of concern.

• In the past two decades there has been an increase in anxiety, depression, suicidal ideation, and suicide on college campuses.
The biggest problem facing mental health on college campuses is lack of adequate funding. This affects those who have attempted to avail themselves to their campus mental health services and those that have not for various reasons including:

- Financial barriers to access- i.e. they can’t afford the services.
- Inadequate mental health services- long wait times, practice of forced medical leaves, etc.
- The stigma surrounding mental health.
- The normalization of mental health issues like depression and anxiety on college campuses.
THE IMPACT

16 Million

Students attending higher education institutions in the United States.

41.6%

Report experiencing anxiety.

36.4%

Report experiencing depression.
Policy makers need to enact legislation that not only conducts research on the crisis and provides recommendations based on that research, but also allocate funding to schools in need so they can better serve their students.

There is little to know legislation that directly addresses the issue of mental health on college campuses. As such, there is no notable standard of care by which all institutions of higher education must ascribe to, so there are disparities among students across various institutions in terms of quality of mental health care.