College Student Mental Health
College Student Mental Health - Overview

Globally
2018 results from World Health Organization's World Mental Health International College Student Initiative

• 14,000 students from 19 colleges in eight countries including the U.S. were surveyed
• More than 35% of respondents reported symptoms consistent with at least one mental health disorder
• This equates to more than 1 in 3 students

American College Students

Comprehensive research shows an increasing presence of mental health issues among American college students.

2018 Healthy Minds Study
- 23% of all students reported taking psychiatric medication, an increase of 5% from 2014 and 2016
- 39% of all students reported experiencing a significant mental health issue

American College Health Association–National College Health Assessment II

Western Michigan University and National Reference Group

Mental Health Data Summary
Mental health concerns experienced in the last 12 months

<table>
<thead>
<tr>
<th>Concern</th>
<th>2017 WMU</th>
<th>2017 National</th>
</tr>
</thead>
<tbody>
<tr>
<td>felt overwhelming anxiety</td>
<td>62%</td>
<td>61%</td>
</tr>
<tr>
<td>felt very lonely</td>
<td>58%</td>
<td>62%</td>
</tr>
<tr>
<td>felt so depressed it was difficult to function</td>
<td>39%</td>
<td>39%</td>
</tr>
<tr>
<td>sleep difficulty</td>
<td>32%</td>
<td>30%</td>
</tr>
<tr>
<td>seriously considered suicide</td>
<td>11%</td>
<td>10%</td>
</tr>
</tbody>
</table>

ACHA-NCHA II
Diagnosed or treated by a professional for a mental health condition

<table>
<thead>
<tr>
<th>Condition</th>
<th>Percent of students</th>
</tr>
</thead>
<tbody>
<tr>
<td>Depression (ever)</td>
<td>25% WMU 22% National</td>
</tr>
<tr>
<td>Depression (past 12 months)</td>
<td>18% WMU 17% National</td>
</tr>
<tr>
<td>Anxiety (past 12 months)</td>
<td>21% WMU 21% National</td>
</tr>
<tr>
<td>Any mental health condition (past 12 months)</td>
<td>30% WMU 29% National</td>
</tr>
</tbody>
</table>
Negative impact on academic performance - last 12 months

Percent of students

<table>
<thead>
<tr>
<th>Condition</th>
<th>2017 WMU</th>
<th>2017 National</th>
</tr>
</thead>
<tbody>
<tr>
<td>stress</td>
<td>31%</td>
<td>31%</td>
</tr>
<tr>
<td>sleep difficulties</td>
<td>20%</td>
<td>21%</td>
</tr>
<tr>
<td>anxiety</td>
<td>24%</td>
<td>25%</td>
</tr>
<tr>
<td>depression</td>
<td>16%</td>
<td>17%</td>
</tr>
<tr>
<td>relationship difficulties</td>
<td>9%</td>
<td>9%</td>
</tr>
</tbody>
</table>

ACHA-NCHA II
Sindecuse Health Center – Counseling Services Trends in Utilization at Western Michigan University
Counseling Services Usage FY 2012-18

Number of Visits

- FY 12: 525
- FY 13: 682
- FY 14: 948
- FY 15: 1056
- FY 16: 1087
- FY 17: 1142
- FY 18: 1312

Total Visits:
- FY 12: 4817
- FY 13: 5714
- FY 14: 5909
- FY 15: 6161
- FY 16: 6957
- FY 17: 7066
- FY 18: 8191

- Number of Intakes/Crisis
- Total Visits

Years:
- FY 12
- FY 13
- FY 14
- FY 15
- FY 16
- FY 17
- FY 18
Primary Care Mental Health Visits FY 2016-2018

- FY 2016: 2100 visits (0.00%)
- FY 2017: 2569 visits (2.00%)
- FY 2018: 2569 visits (4.00%)

Percent of Patients Seen
SHC Pharmacy Student Usage 2018

- Total: 13,723
- Psychotropic Medication: 5,195
- Unique Students: 5,845