College Students & Mental Health

The National Alliance of Mental Health (NAMI) reports that one in five college students experience a mental health condition, with 75% of all mental health conditions surfacing by the age of 24. Data obtained through the American College Health Association Assessment (2018) shows how important it is to increase awareness about mental health on college campuses because most people that struggle with a mental health condition will experience symptoms before they graduate from college.

Students reported experiencing the following in the past 12 months:

- **Stress**: 85% of college students feel overwhelmed.
- **Emotionally Exhausted**: 82% feel emotionally exhausted.
- **Loneliness**: 63% of college students feel very lonely.
- **Anxiety**: 62% of college students feel overwhelming anxiety.
- **Depression**: 41% of college students feel so depressed that it is difficult to function.
- **Suicide**: 11% of college students seriously considered suicide.


How can college students get help?

**Visit the IUN Counseling Office.** We’re here to help! Our office is located in Hawthorn Hall #201. 219-980-6741.

Email at iunoocs@iun.edu (*Email is not to be used for urgent or emergency messages and is not considered the most secure form of communication). The IUN Counseling Office provides short term counseling to students who are enrolled on at least a part time basis. We also can assist with providing referral information to community providers.

**Attend Mindful Moments Sessions on campus.** Attend one or all of these 30 minute drop in weekly sessions offered on **Monday’s starting January 27th through finals week. Location: Hawthorn Hall #243 from 2-2:30pm.** Mindful Moments is an open-ended group where students can learn and practice stress reduction techniques. Sessions include: progressive muscle relaxation, visual imagery, mindful breathing, and more!

**Utilize the National Suicide Prevention Lifeline.** 1800-273-TALK Text TALK to 741741 to text with a trained counselor from the crisis text line for free, 24/7. suicidepreventionlifeline.org