



# MENTAL HEALTH IN COLLEGE-AGED MEN

Today, more students are entering college with a diagnosed mental health disorder than ever before. In fact, 1 in 4 students suffers from a diagnosable mental illness, with an even greater number feeling overwhelmed or lonely. As a result, colleges and universities are putting more resources

toward services that address and support mental health. As a DU (whether you are an undergraduate, chapter advisor or parent), it is important to understand the types of mental health issues affecting men and how to offer support.

## MALE COLLEGE STUDENTS REPORTED EXPERIENCING THE FOLLOWING IN THE LAST 12 MONTHS:

- 46%** felt things were hopeless
- 75.3%** felt exhausted (not from physical activity)
- 56.3%** felt very lonely
- 59%** felt very sad
- 34.8%** were so depressed it was difficult to function
- 49.1%** had overwhelming anxiety
- 37.4%** had overwhelming anger
- 11.3%** seriously considered suicide

\* *The American College Health Association*

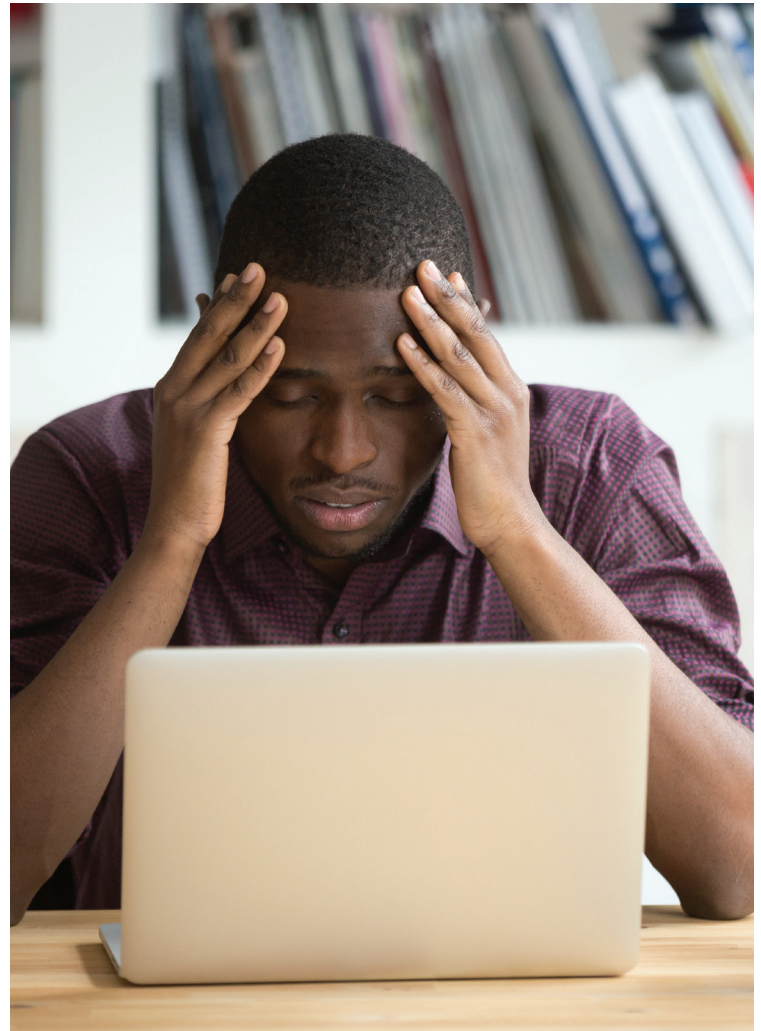
**A MAY 2018 CIGNA STUDY** called today's group of 18- to 22-year-olds the "**loneliest generation**" because they overwhelmingly feel they lack people who understand them and who they can feel close to.

**75% OF ALL MENTAL HEALTH CONDITIONS** begin by age 24.

\* *National Alliance on Mental Illness*

**IN THE LAST 12 MONTHS**, 11.7% of college men were diagnosed or treated by a professional for anxiety. 11% were diagnosed or treated with depression.

\* *The American College Health Association*



**COLLEGE MEN SAID** the main areas that were traumatic for them or difficult to handle were:

- 42.7%** Academics
- 29.9%** Finances
- 28.5%** Intimate Relationships
- 28.5%** Sleep Difficulties

\* *The American College Health Association*

## FIVE MAJOR MENTAL HEALTH PROBLEMS AFFECTING MEN ARE:

- ✦ Depression
- ✦ Anxiety
- ✦ Bipolar disorder
- ✦ Psychosis and schizophrenia
- ✦ Eating disorders

\* *Mental Health America*

**SUICIDE IS THE SECOND LEADING CAUSE OF DEATH** among 15- to 24-year-olds. Men account for 6 out of every 10 college-age suicides.

\* *MentalHealth.Gov and Montana State University*

**MORE THAN ONE IN FOUR ADULTS** living with serious mental health problems also has a substance use problem.

\* *MentalHealth.Gov*

**SUBSTANCE USE PROBLEMS OCCUR MORE FREQUENTLY WITH CERTAIN MENTAL HEALTH PROBLEMS**, including: depression, anxiety disorders, personality disorders, and schizophrenia.

\* *MentalHealth.Gov*

## ARE YOU A CHAPTER ADVISOR, FACULTY MEMBER OR PARENT? HERE IS WHAT STUDENTS WANT YOU TO KNOW.

**GENERAL EDUCATION ON MENTAL HEALTH CONDITIONS.** Information on the warning signs, symptoms, prevalence and treatment of mental health issues. Students want you to know mental health conditions are real, what they look like in students and how hard it can be for students living with mental health conditions.

**HOW TO SUPPORT STUDENTS.** Know what to do if you see a student experiencing mental health issues or if a student shares information with you. Be proactive in connecting students to help and encouraging them to seek help. Know what to do during a mental health crisis.

**HOW TO COMMUNICATE WITH STUDENTS.** Know how to express care and concern and be sympathetic, empathetic and understanding when talking about mental health issues. Students want to be heard and for you to be respectful, non-judgmental and sensitive to their issues.

**MENTAL HEALTH CONDITIONS ARE REAL.** Fully recognize that mental health issues are as real and as serious as other physical health issues. They are not used as an excuse for being lazy, irresponsible or a bad student. It is not a scam or a choice.

**STUDENTS CAN BE SUCCESSFUL WITH ACCOMMODATIONS.** Students living with mental health conditions want the chance to succeed in college just like everyone else. They can be successful if respected and accommodations that they need are enforced. Understand the effects of mental health conditions on students and their academic performance. Students living with mental health conditions can be successful but just need to complete the work in different ways.

\* *National Alliance on Mental Illness*