Did You Know?

- Mental health conditions are most common during the ages of 18-24. In fact, twenty-seven percent of young adults experience mental health conditions, of which anxiety disorders and depression are the two most common disorders. 1
- Mental illnesses – if left untreated – can derail a young adult’s college career and dismantle many other areas of their life and dreams. With treatment, nearly all people who experience a mental health condition can live normal, productive lives.
- Support is available at school and in the community, and mental health treatments are extraordinarily effective.

What College Students Should Know

- One in four adults experiences a diagnosable mental health disorder each year. 2
- Without proper mental health treatment, mental health conditions may lead to poor school performance, trouble with the law, strained relationship and even suicide.
- Suicide is the second leading cause of death among college students.
- It’s important that college students familiarize themselves with the signs and symptoms of mental health conditions. If a person feels they or someone they care for needs help, they should not hesitate to ask for help.
- Support is available at school and in the community, and mental health treatments are extraordinarily effective.
- Most colleges provide some free mental health services and can refer students who need long-term treatment to local professionals.
- Mental Health America of Illinois (MHAI) can help students find the help they need.
- To find help or get more information, start with the campus student health center or counseling service. Also, visit www.mhai.org, or contact MHAI to find out more.

Depression and College Students

- Depression affects approximately 10 percent of all American adults each year.
- Depression is a serious mental disorder. It is not a normal part of growing up or a personal weakness.
- Nearly 50% of all college students report feeling so depressed that they have had trouble functioning, and 15% meet the criteria for depression.
- Depression is very treatable: more than 80% get better with treatment. 4 The most common treatments are antidepressant medications, psychotherapy, or preferably, a combination of the two.

Anxiety Disorders and College Students

- Extreme forms of fear, worrying and panic could signal an anxiety disorder. Anxiety disorders affect more than 40 million American adults each year. 5
- There are a range of anxiety disorders that include panic disorder, obsessive-compulsive disorder, generalized anxiety disorder, phobias and post-traumatic stress disorder.
• If left untreated, an anxiety disorder can interfere with students’ academic, social and personal lives. Fortunately, treatments are effective and often combine medication with specific kinds of psychotherapy.

For more information or additional resources, contact:
Mental Health America of Illinois (MHAI) at (312) 368-9070 ext. 10, or visit our website at www.mhai.org