Mental health problems top list of academic impediments

Stress and anxiety are the top two factors that affect students’ academic performance, and depression ranks sixth, according to the latest National College Health Assessment II administered at USC. All three have increased in recent years.

<table>
<thead>
<tr>
<th>Condition</th>
<th>2010</th>
<th>2013</th>
<th>2015</th>
</tr>
</thead>
<tbody>
<tr>
<td>stress</td>
<td>22.9%</td>
<td>24.3%</td>
<td>26.4%</td>
</tr>
<tr>
<td>anxiety</td>
<td>14.8%</td>
<td>18.2%</td>
<td>19.4%</td>
</tr>
<tr>
<td>depression</td>
<td>8.6%</td>
<td>8.8%</td>
<td>11%</td>
</tr>
</tbody>
</table>

Some USC students are diagnosed, treated

More than 25% of students reported being diagnosed or treated by a professional for at least one mental health condition within the past 12 months. Among those diagnosed or treated for multiple issues, depression and anxiety was the most common combination.

- anxiety: 16.1%
- depression: 11.6%
- attention deficit and hyperactivity disorder: 9.2%
- panic attacks: 8.3%
- insomnia: 4.7%

Most students report positive help-seeking behaviors

- 35% have received mental health services from a professional
- 78% would seek help from a professional if they had a personal problem
- 95% would help a friend seek mental health services

In the last 12 months, 7% of students reported seriously considering suicide, and 1% reported attempting suicide.

sc.edu/studentaffairs

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University resources

Mental Health Matters
Student Health Services recently launched a university-wide mental health campaign titled “Be Real. Be There. Mental Health Matters at UofSC.” It aims to de-stigmatize getting help for mental health issues on our campus and encourages students, faculty and staff to be real with and be there for their friends, students and community members.

Kognito At-Risk for College Students
This evidence-based online program teaches participants how to recognize signs of psychological distress in a fellow student and allows them to practice, through role-play conversations, how to approach at-risk students, discuss their concerns and connect them with resources on- and off-campus.

Stress Management Consultations
Students can meet with a health educator to learn new skills and develop a stress management plan.

Interactive Screening Program
This program, created by the American Foundation for Suicide Prevention, gives USC students the opportunity to take a free, anonymous online mental health screening, obtain feedback from a counselor with the results and receive recommendations for further care.

Suicide Gatekeeper Training
Asking a person if he or she has thought about committing suicide can be uncomfortable, but it also can save a life. Suicide Gatekeeper Training helps faculty, staff and students learn to recognize warning signs and know what to do if they suspect a person is suicidal.

More Information
To learn more about these and other mental health services and to access the toolbox for the Mental Health Matters campaign, visit www.sa.sc.edu/shs/mentalhealth.

Faculty can do

If you’re concerned about a student, call 803-777-5223 to speak to a professional in Counseling & Psychiatry. Their staff can give you:

- Guidance on how to talk with a student who appears to be struggling
- Information about how to provide assistance or get help for a student of concern
- Tips to help a student connect with counseling or other services

Encourage students to make a counseling appointment. During the fall, office hours are:

Close-Hipp
Mon-Thurs: 8 a.m.–6:30 p.m.
Fri: 8 a.m.– 5 p.m.
Thomson Student Health Center
Sun: 2-8 p.m.