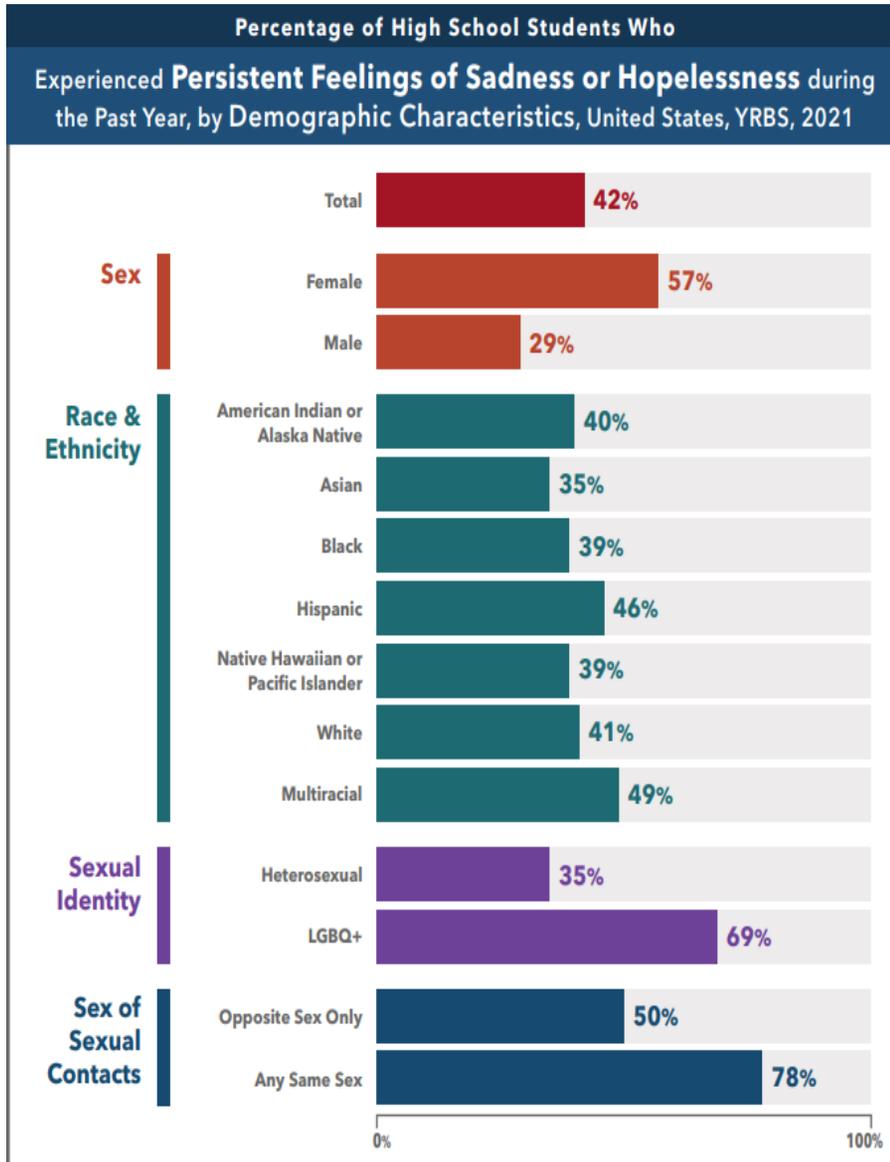


mental health in college aged students today: what is really happening

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Before College National Data



- Mental health among students overall continues to worsen, with **more than 40% of high school students feeling so sad or hopeless that they could not engage in their regular activities for at least two weeks during the previous year.**
- There are also significant increases in the percentage of youth who seriously considered suicide, made a suicide plan, and attempted suicide.
- **In 2021, more than 1 in 5 (22%) students seriously considered attempting suicide, and 1 in 10 (10%) actually attempted suicide.**

National data

- [Center for Collegiate Mental Health](#) pg 15-17

Review Key Findings – Healthy Minds Survey (Fall 2020)

Random sample n=997

Estimated values of selected measures for NC State University	Percentage of students
Major depression (positive PHQ-9 screen)	15%
Depression overall, including major and moderate (positive PHQ-9 screen)	34%
Anxiety disorder (positive GAD-7 screen)	28%
Eating disorder (positive SCOFF screen)	7%
Non-suicidal self-injury (past year)	25%
Suicidal ideation (past year)	12%
Lifetime diagnoses of mental disorders	31%
Psychiatric medication (past year)	23%
Mental health therapy/counseling (past year)	29%
Any mental health therapy/counseling and/or psychiatric medication among students with positive depression or anxiety screens (past year)	52%
Perceived public stigma: agrees with "Most people would think less of someone who has received mental health treatment."	52%
Personal stigma: agrees with "I would think less of someone who has received mental health treatment"	7%

National data compared to NC State

CCAPS National Comparison - Initial Distress

