

Mental Health: A Rising Epidemic for College Students



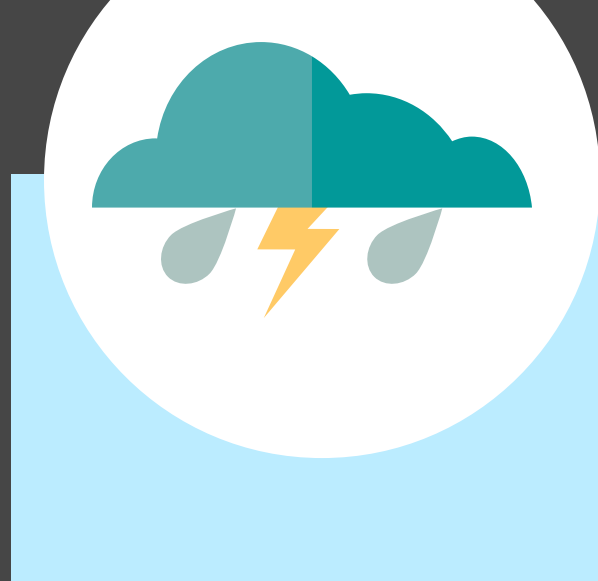
Mental health was the third biggest safety concern, following severe weather and gun violence, in our recent survey.



22%
Mental Health



23%
Gun Violence



35%
Severe Weather

Though it's a concern for colleges and universities,

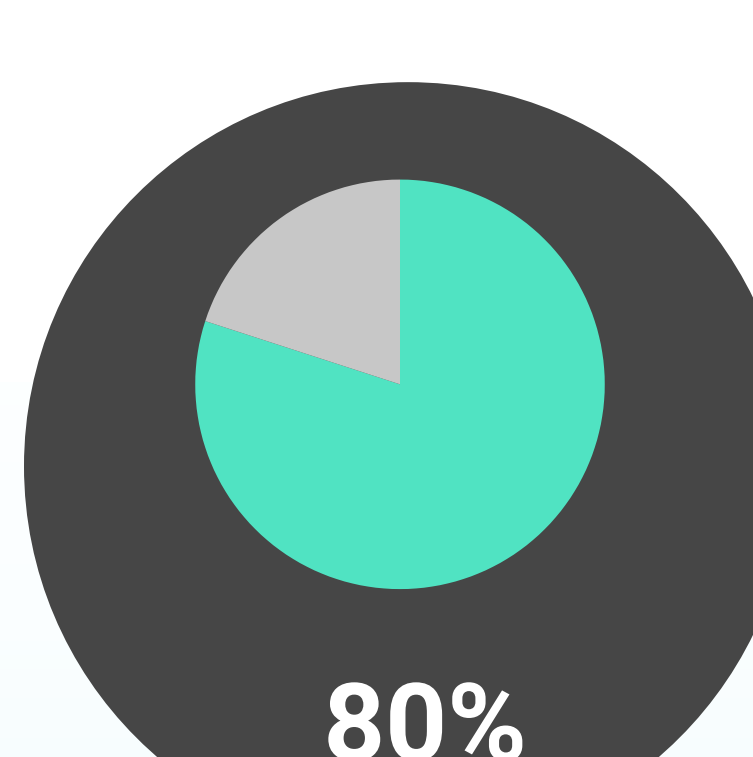
only 10% of respondents

send out mass notifications to inform students about information on counseling resources and mental health services.

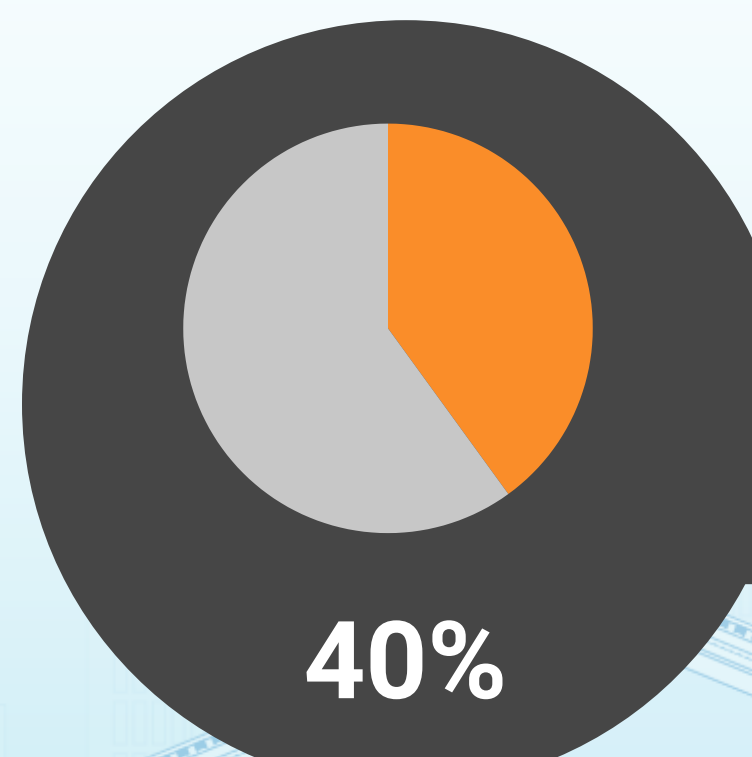
But the number of college students reporting mental health problems is dramatically increasing. According to the National Alliance on Mental Illness (NAMI):



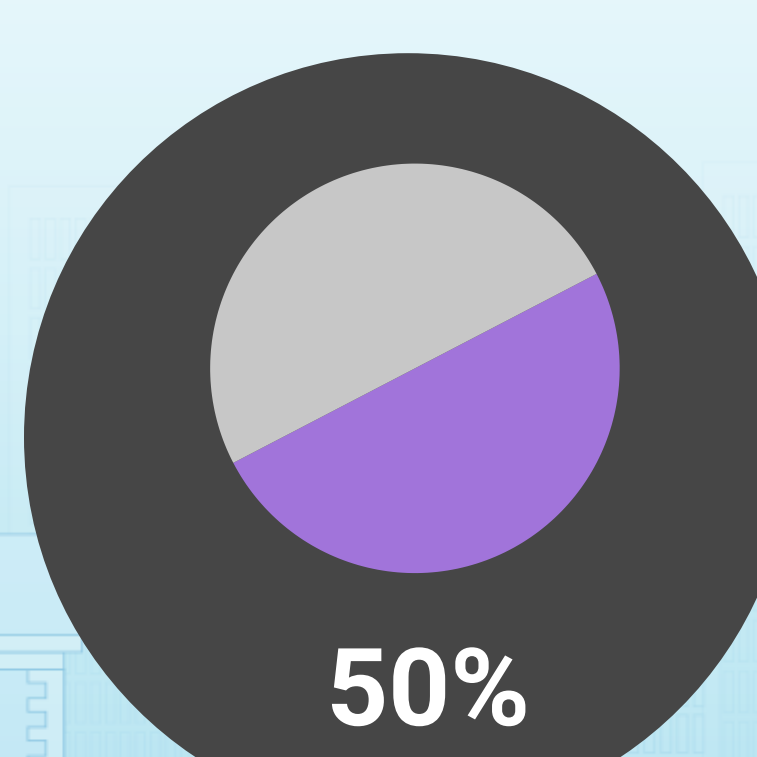
1 in 4
has a
diagnosable
illness



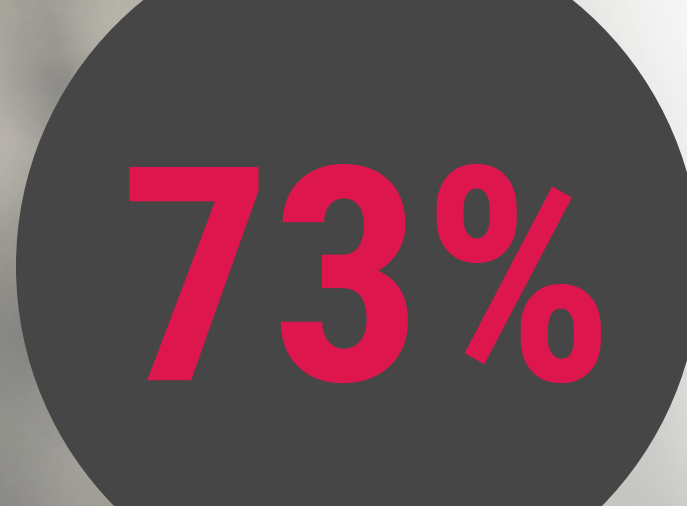
80%
feel overwhelmed
by responsibilities



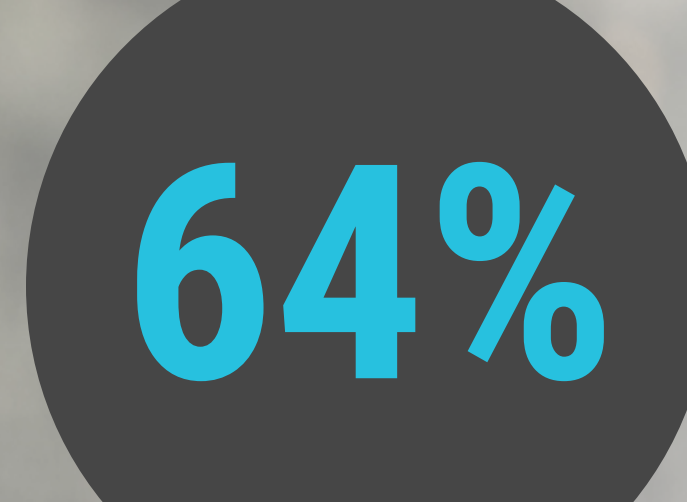
40%
don't seek
help



50%
have become
so anxious they
struggle in class



73%
of college students living with a mental health condition had a **mental health crisis on campus**



64%
of young adults **who dropped out of college** did so due to a mental health-related reason



75%
of lifetime mental health conditions are **diagnosed before the age of 24**

According to the American Psychological Association:

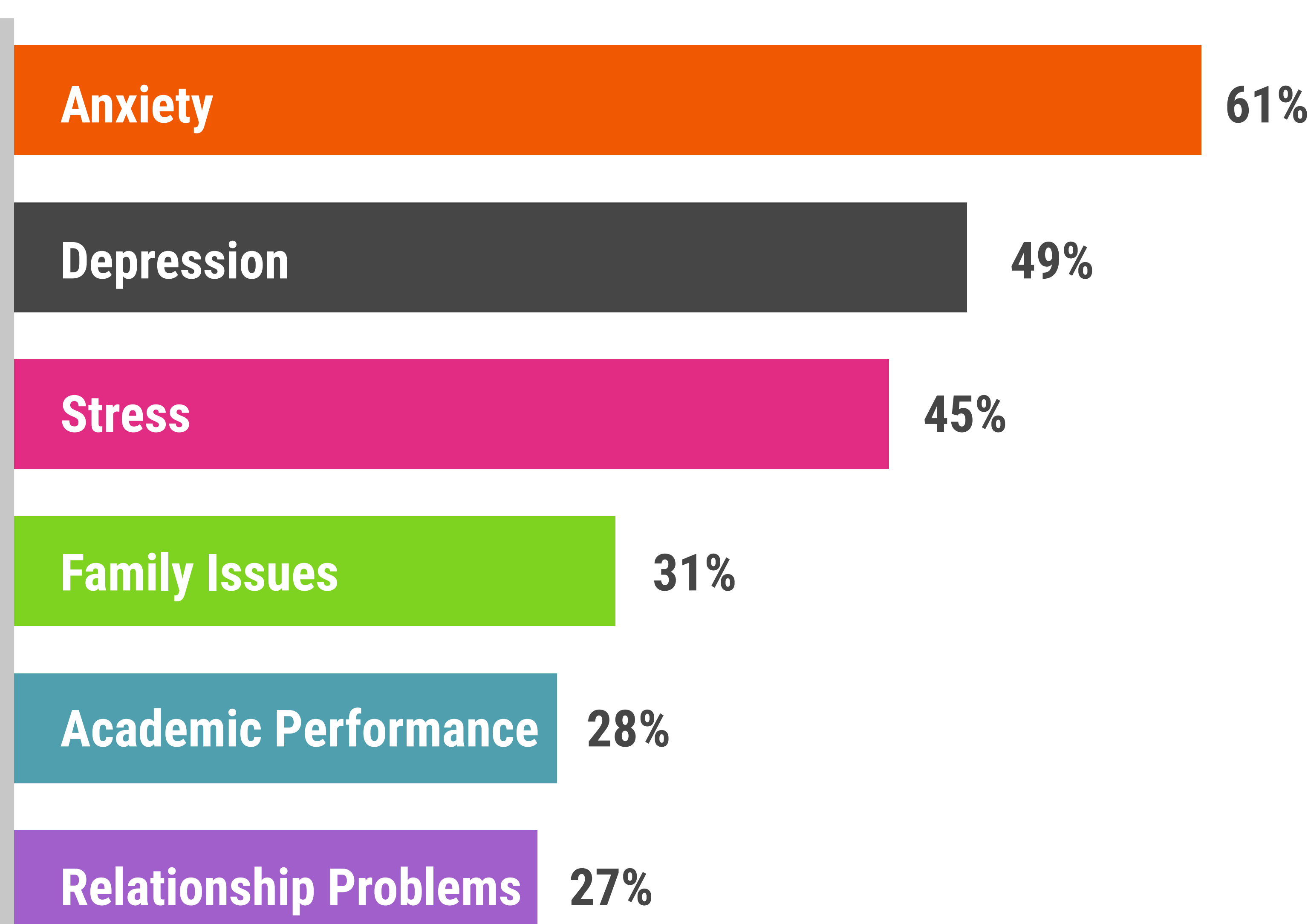


There has been a

30% increase

in college students seeking appointments at college and university counseling centers

College students who seek counseling report



The International Association of Counseling Services recommends:

One Therapist

FOR EVERY

1,000-1,500
college and university students

But the current student-to-counseling-staff ratio at most colleges and universities is: **1,737 to 1**



For smaller institutions, the ratio is **705 to 1**



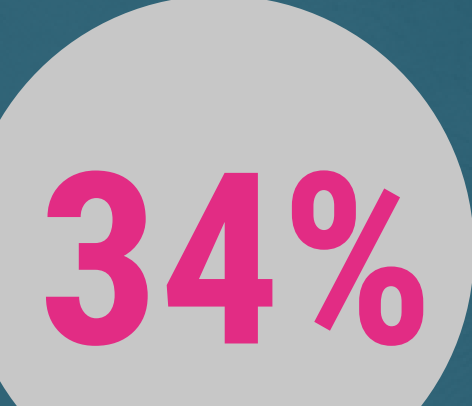
For larger institutions the ratio is **2,624 to 1**

According to the Center for Collegiate Mental Health at Penn State University:

Counseling centers have seen an increase in the number of college students seeking treatment who represent "threat-to-self" for seven years in a row



26%
of college students who sought help said they had intentionally hurt themselves



34%
of college students considered suicide

View the complete higher education survey to find out more about mental health concerns and mass notification information.

[DOWNLOAD SURVEY](#)

RAVE
MOBILE SAFETY