

Background Research

Mental health is a huge issue amongst college student mainly because students often ignore the symptoms of depression and stress due to their age. Even though we live in a very advanced society, there is still a stigma around mental health problems which refrains students from getting help. Some of the key mental health issues that students suffer from are depression, anxiety, eating disorders, addictions, and suicidal tendencies. One out of four students suffer from mental health issues, and about 40% of them don't seek help (Best).

Often students feel overwhelmed at colleges. For most students this is the first time they leave their parents, and have to learn to live by themselves. "Seventy five percent of mental illnesses are onset by age 24 and 43.8 million adults" (Time). With the increase in social media, and exposure to drugs, and excessive competition has increased suicide rates from 23.8% in 2010 to 32.9% in 2015 (Time). One of the core reasons is lack of knowledge, and resources to help students cope with the new pressures of college life.

UC Davis offers a number of methods through which students can get support through their problems. There are counselling services for various different issues, there are professional doctors with whom you can have one on one conversations, there are seminars and classes to help you get through difficult times. Even though there are a lot of resources on campus to help students, a number of freshmen students are unaware of these resources, and therefore, never use them. Also, the campus does lack a support group system where fellow students can interact and help one another through problems. This is the situation in most colleges.

Bibilography

"Jump Menu." *Home | Student Health and Counseling Services*. N.p., n.d. Web. 09 Feb. 2017.

"Top 5 Mental Health Challenges Facing College Students." *Best Colleges*. N.p., 23 Jan. 2017.

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"Why College Is a Risky Time for Students' Mental Health." *Time*. Time, n.d. Web. 09 Feb.

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