

Mental Health Programs in College: Awareness, Guidance, Prevention

More than half of the counties nationwide do not have a practicing psychiatrist, psychologist, or social worker. These numbers are staggering and unacceptable” (Chamberlain). For many years serious mental health issues have been brushed past due to ignorance, and it is impacting students everywhere. When my classmates and I were growing up throughout middle school and high school, the topic of mental health was not a common one. As someone who has had anxiety for a while, I was never educated on the subject and grew up just believing that what I was experiencing was being shy.

With the change in social pressures from high school to when entering college and being exposed to new things, I had to adjust. “The ability to establish connections with others and a sense of belonging at the university is necessary for success. While making connections on campus can be helpful for students, it can also increase feelings of stress. Oddly enough, if the support a student receives on campus is not meeting the student’s needs, it can actually become a source of stress. Stress results when students feel pulled into different directions.