

The State of Spartan Health 2020

Emotional Wellness

According to national surveys, anxiety and depression are two of the top six health issues among college students (ACHA). Students who have difficulty connecting to others or finding support can become withdrawn, which may lead to depression. Untreated depression may lead to suicide - the second leading cause of death among college students.

Besides affecting academics, stress is a major factor contributing to sleep difficulties. Stress can lead to depression, anxiety, fatigue, and a weakened immune system.

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Of MSU Students¹:

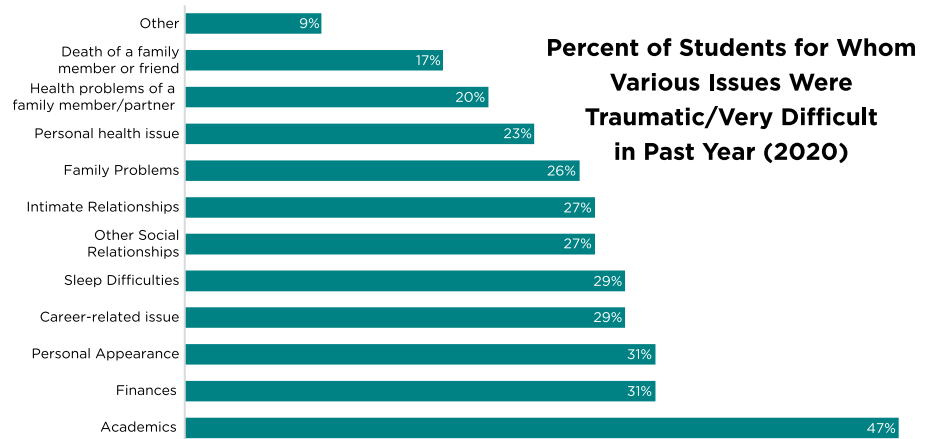
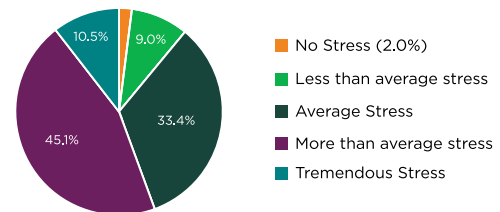
86% reported feeling overwhelmed at least once in the past year.

68% reported feeling overwhelming anxiety at least once in the past year, up from 60% in 2018.

70% Of MSU students reported feeling very sad or very lonely (**63%**) at least once in the past year.

42% Of MSU students said that they felt so depressed that it was difficult to function at least once during the school year.

Overall Level of Stress Experienced in Past 12 Months (2020)



Campus Resources

MSU Counseling & Psychiatric Services (CAPS): If you or a friend are feeling uncertain, lost, overwhelmed, or down, contact CAPS at **517.355.8270**. Telemental health services are available by phone or video Monday thru Friday 8:00 a.m. - 5 p.m., M-F. Visit the MSU Counseling & Psychiatric Services website for more information at caps.msu.edu.

24-Hour Hotlines: For 24/7 help, call **1-800-273-TALK (8255)** or text "HOME" to **741-741**. If it is an emergency situation and you or a friend need help immediately, call **911**.

Tips for Students

Try to stay aware of any prolonged feelings of depression that you or others around you may be experiencing - i.e., feeling sad, hopeless, helpless, guilty, worthless, or a loss of interest in social activities.

To avoid being overwhelmed, plan ahead. Use a planner or digital calendar to schedule deadlines and appointments. Try not to fall behind on assignments and tasks.

Schedule regular activities to help manage stress: exercise, spending time with friends, massage, meditation - whatever works for you. Make time for yourself to manage your mental health.