



The State of Spartan Health 2018

Emotional Wellness

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Why it Matters

- According to national surveys, anxiety and depression are two of the top six health concerns among college students (ACHA).
- College students who have difficulty connecting to others or finding support can become withdrawn, which may lead to depression.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; making one more susceptible to colds and flu - the top reason MSU students gave for missing class.

What you can do

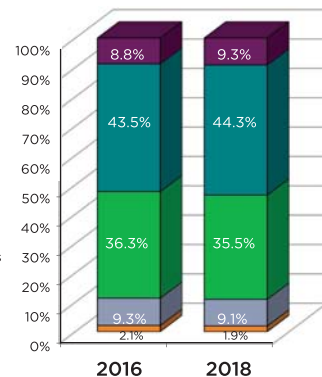
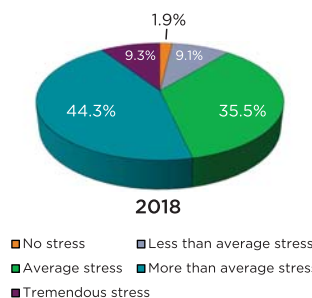
- Try to be aware of any prolonged feelings of depression that you or others around you may be experiencing - i.e., feeling sad, hopeless, helpless, guilty, worthless, or a loss of interest in social activities.
- To avoid being overwhelmed, plan ahead. Use a planner or digital calendar to schedule deadlines 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. Don't wait until you are stressed out!

What MSU students say and do

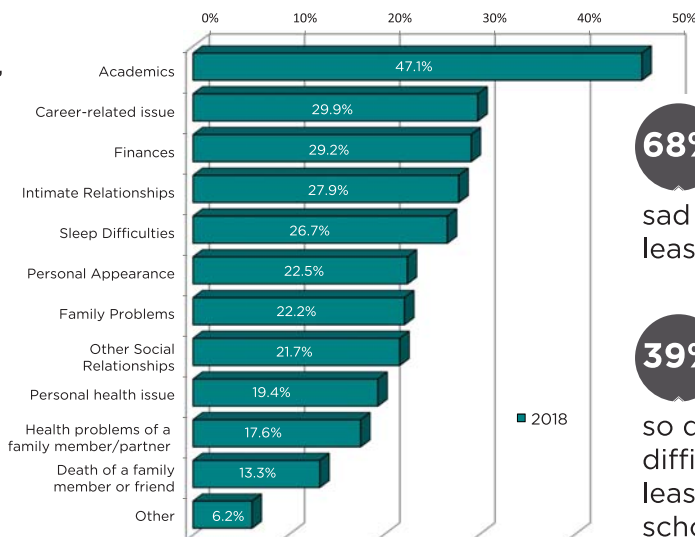
85% Of MSU students reported feeling overwhelmed at least once in the past year.

29% Of MSU students report that stress seriously affected their academic performance.

Level of Stress Past 12 Months



Percent of Students For Whom Various Issues Were Traumatic/Very Difficult in Past Year - 2018



68% Of MSU students reported feeling very sad or very lonely (**63%**) at least once in the past year.

39% Of MSU students said that they felt so depressed that it was difficult to function at least once during the school year.

Emotional Wellness Resources

MSU Counseling & Psychiatric Services (CAPS): If you or a friend are experiencing depression, contact CAPS at 517.355.8270. Walk-in hours are 10am - Noon and 1pm-3pm Monday thru Friday (arrive at least one hour prior to closing). Crisis walk-in hours are 8am-5pm, 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 "START" to 741-741. If it is an emergency situation and you or a friend need help immediately, call 911.

Anytime Counseling Support: CAPS offers 24/7/365 Counseling support via the My SSP app. Download the app via the Google Play or iTunes App Stores by searching "My SSP"