The State of Spartan Health 2014

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- College students who have difficulty connecting to others or finding support can become withdrawn, which may lead to depression.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 MSU students say and do

84% Of MSU students reported feeling overwhelmed at least once in the past year.

28% Of MSU students report that stress seriously affected their academic performance.

8% Of MSU students report feeling very sad or very lonely (54%) at least once in the past year.

27% Of MSU students said that they felt so depressed that it was difficult to function at least once during the school year.

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 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!

Emotional Wellness Resources

MSU Counseling Center: If you or a friend are experiencing depression, contact the MSU Counseling Center at 517.355.8270. Office hours are 8am-7pm on Monday and Tuesday, 8am-5pm Wednesday - Friday (for walk-ins arrive at least one hour prior to closing). If you are concerned about possible depression or anxiety, visit the MSU Counseling Center website for an online assessment or review of self-help resources at counseling.msu.edu.

24-Hour Hotlines: For help, call 1.800.SUICIDE (734.2433) or use The Listening Ear 24 hour Crisis Hotline at 517.337.1717. You can find them on the web at theear.org.

Psychiatry: MSU Student Health Services works in collaboration with the MSU Counseling Center. Appointments can be made with staff referral - call 517.353.8737.

The data in this document were obtained from the 2014 National College Health Assessment (NCHA) through Student Health Services at MSU. Health Center's membership in the American College Health Association (ACHA). For the full MSU NCHA report, please visit http://spurr.msu.edu/NCHA Reports_report.pdf