



The State of Spartan Health 2016

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- College students who have difficulty connecting to others or finding support can become withdrawn, which may lead to depression.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

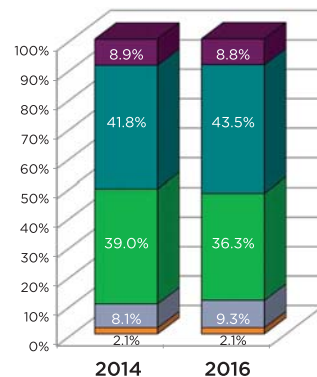
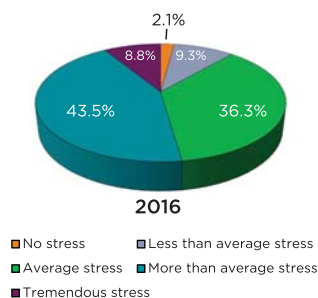
- Try to be aware of any prolonged feelings of depression that you or others around you may be experiencing - i.e., feeling sad, hopeless, helpless, guilty, worthless, or a loss of interest in social activities.
- To avoid being overwhelmed, plan ahead. Use a planner or digital calendar to schedule deadlines 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

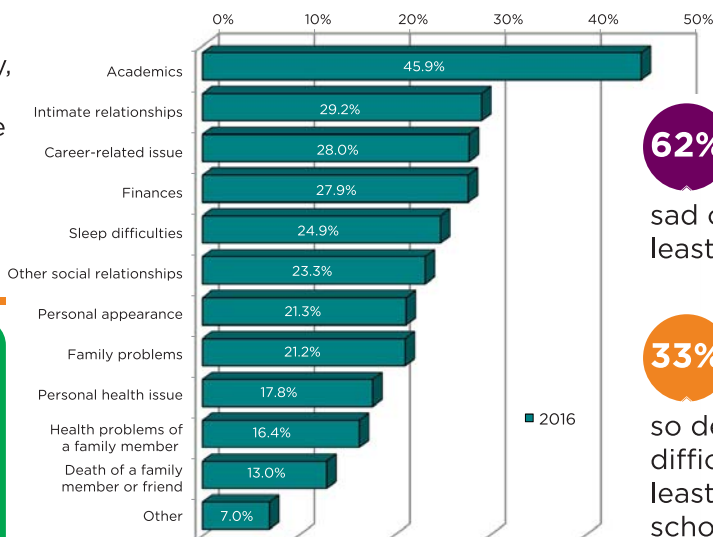
84% Of MSU students reported feeling overwhelmed at least once in the past year.

27% 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 - 2016



62% Of MSU students reported feeling very sad or very lonely (**58%**) at least once in the past year.

33% 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 Center: If you or a friend are experiencing depression, contact the MSU Counseling Center 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. 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 24/7 help, call **1.800.SUICIDE (734.2433)** or **1-800-273-TALK (8255)**. If it is an emergency situation and you or a friend need help immediately, call 911.

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