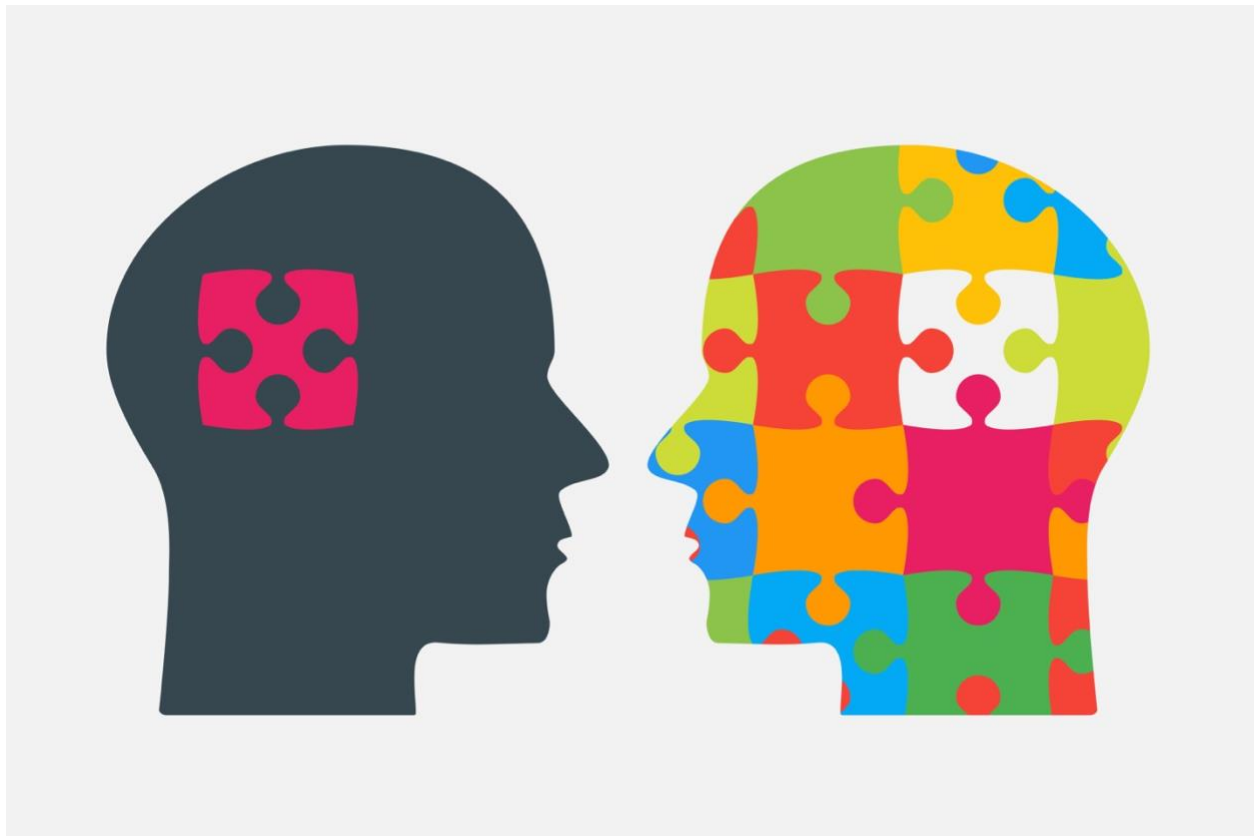


## A Parent's Guide to College Student Mental Health (Ithaca Edition)



Sending kids off to college is an exciting experience for many parents. Naturally, our focus is on the wonderful opportunities they will have, as we look with pride upon their promising passage into adulthood. But these stressful times require parents to also fully grasp the serious mental health challenges their students *may* face, and be equipped to provide support.

What do parents need to know?

Though some may hide or downplay it, rates of depression and anxiety are high among college students. Many students carry suicidal thoughts. Sexual assault is prevalent among college students. Hazing violence as an initiation rite at fraternities and some student organizations is a serious problem. All of these conditions pose greater risks for students who arrive on campus already with a mental health disorder. College psychological counseling centers are typically overwhelmed by demands for appointments, and navigating community mental health services and insurance coverage can exacerbate the stress.

In short, student mental health can be a complicated matter, and failing to deal with it adequately can lead to serious consequences.

"Mental health problems can affect many areas of students' lives, reducing their quality of life, academic achievement, physical health, and satisfaction with the college experience, and

negatively impacting relationships with friends and family members," says the [Suicide Prevention Resource Center \(SPRC\)](#). "These issues can also have long-term consequences for students, affecting their future employment, earning potential, and overall health."

Making matters worse, research is finding that Covid-19 pandemic conditions have caused a spike in stressors among college students. A [survey](#) of 2,086 college students conducted at the beginning of the pandemic by Active Minds showed that 80 percent felt Covid-19 had "negatively impacted" their mental health, and 20 percent said their mental health had "significantly worsened."

A [study](#) in Spring 2020 showed a moderate-to-severe level of depression in 48.14 percent of survey participants, a moderate-to-severe level of anxiety in 38.48 percent, and 18.04 percent with suicidal thoughts. More than 70 percent indicated that their stress/anxiety levels had increased during the pandemic.

Another [study](#) in mid-2020 found that the prevalence of moderate-severe anxiety increased from 18.1 percent of first-year students before the pandemic to 25.3 percent within four months after the pandemic began; and the prevalence of moderate-severe depression increased from 21.5 percent to 31.7 percent.

Additional specific data to know:

- 75 percent of mental illness cases begin by age 24, according to the [National Alliance on Mental Illness](#).
- Suicide is the second leading cause of death among young people aged 15-24 years, according to the [U.S. Centers for Disease Control and Prevention](#).
- 52.7 percent of college students surveyed reported that academics have been "traumatic or very difficult to handle," and 19.8 percent "felt so depressed that it was difficult to function" in the past 12 months, according to the [Spring 2019 National College Health Assessment](#); 9.3 percent seriously considered suicide in the last 12 months, and 1.6 percent had attempted suicide.
- 36.9 percent of surveyed college students seeking counseling in the 2019-2020 academic year had experienced "serious suicidal ideation," (up from 24 percent in the 2010-11 academic year who "seriously considered attempting suicide"), according to the [Center for Collegiate Mental Health 2020 Annual Report](#); 10.9 percent of the students seeking counseling had actually made a suicide attempt.
- 15.6 percent of female seniors (or higher) participating in the [Association of American Universities 2019 Campus Climate Survey on Sexual Assault and Sexual Misconduct](#) reported being raped ("completed penetration using physical force or the victim was unable to consent or stop what was happening") since enrolling in college.

- 55 percent of college students involved in clubs, teams, and organizations experience hazing, according to [“Hazing in View: College Students at Risk.”](#) Approximately 50 U.S. college students have died in hazing-related incidents since 2010, according to author [Hank Nuwer](#).
- In the past month, 22.5 percent of college students used illicit drugs, and 33 percent engaged in binge alcohol drinking, according to a [2019 study](#) by the Substance Abuse and Mental Health Services Administration (SAMHSA).

When parents *do* fully grasp the scope of the challenges, then they need to understand the risk factors and warning signs for a mental health crisis, and how to support their students if they should exhibit cause for concern. Help can range from staying connected with moral support and positive encouragement to evaluating and navigating mental health treatment options at the college counseling center, in the community, or back home during a health leave of absence.

McLean Hospital, a psychiatric teaching hospital of Harvard Medical School, provides these basic [tips for parents](#):

- *Prepare Your Child for the Unexpected*
- *The Importance of Staying in Touch and Validation*
- *Encourage Healthy Habits*
- *Make Room for Mistakes*
- *Have a Plan Focused on Student Mental Health*
- *Learn About College Mental Health Services*
- *If a Student Is Struggling, Get Help Immediately*

Here is a curated list of helpful resources for supporting your college student's mental health:

### **Mental Health**

[Risk Factors, Protective Factors, and Warning Signs](#), American Foundation for Suicide Prevention

[Mental Health Conditions](#), National Alliance on Mental Illness

### **Parents**

[Parent and Family Guide: Supporting Your College Student Through Mental Health Challenges](#), Forefront Suicide Prevention

[Set to Go: For Families](#), The JED Foundation

[Set to Go: The Transition](#), The JED Foundation

[A Parent’s Guide to College Student Mental Health](#), McLean Hospital

[Mental Health in College](#), National Alliance on Mental Illness

[Life on Campus](#), Mental Health America

[What Parents Need to Know: #GoodforMEdia's Guide to Social Media](#), Center for Youth Mental Health and Wellbeing, Stanford University

[College Depression: What Parents Need to Know](#), Mayo Clinic

### **Cornell University and Ithaca College**

Cornell University: [Mental Health at Cornell](#)

Cornell University: [Families of New Students](#)

Cornell University: [How to Support Your Student](#)

Cornell University: [Family Guide 2020-2021](#)

Ithaca College: [Guiding a First-Year College Student](#)

### **College Mental Health Reports**

[Mental Health Review Final Report April 2020](#), Cornell University

[“Commending Cornell's Mental Health Recommendations,”](#) The Sophie Fund

[“Recommendations for Improved Student Mental Health at Cornell University,”](#) The Sophie Fund

[“Aiming for a Student Mental Health Gold Standard at Cornell University,”](#) The Sophie Fund

[Report of the Task Force on Managing Student Mental Health July 2020](#), Harvard University

[Task Force on Student Mental Health and Well-being, Office of the Provost, February 2018](#), Johns Hopkins University

[The Healthy Minds Study](#)

[Depression, Anxiety, Loneliness Are Peaking in College Students](#), The Brink, Boston University

[Center for Collegiate Mental Health 2020 Annual Report](#)

[The Association for University and College Counseling Center Directors Annual Survey 2018](#)

[National College Health Assessment Spring 2019](#), American College Health Association

[Supporting Students: A Model Policy for Colleges and Universities](#), Judge David L. Bazelon Center for Mental Health Law

[Addressing the Mental Health Needs of Students on College Campuses](#), Judge David L. Bazelon  
Center for Mental Health Law

[Mental Health on College Campuses: Investments, Accommodations Needed to Address Student Needs](#), National Council on Disability

[Behavioral Health Among College Students](#), Substance Abuse and Mental Health Services  
Administration (SAMHSA)

### **Suicide**

[Suicide among College and University Students in the United States](#), Suicide Prevention  
Resource Center

[Consequences of Student Mental Health Issues](#), Suicide Prevention Resource Center

### **Sexual Assault**

[2020 Report on the AAU Campus Climate Survey on Sexual Assault and Sexual Misconduct](#),  
Association of American Universities

[Campus Sexual Violence](#), Rape, Abuse & Incest National Network (RAINN)

### **Hazing**

[Hazing in View: College Students at Risk](#), National Study of Student Hazing 2008

### **Substance Use**

[College Drinking](#), National Institute on Alcohol Abuse and Alcoholism

[Substance Abuse In College Students: Statistics & Addiction Treatment](#), American Addiction  
Centers

### **Recent Media Articles**

[“Did Covid Break Students’ Mental Health?”](#) *The Chronicle of Higher Education*, October 14,  
2021

[“College students struggle with mental health as pandemic drags on,”](#) *Washington Post*, October  
14, 2021

[“A ‘Breaking Point’ in Campus Mental Health,”](#) *The Chronicle of Higher Education*, July 15,  
2021

[“The Inner Pandemic,”](#) *The New York Times*, 2022

## **ITHACA CONTACT INFORMATION**

### **Emergency**

[Ithaca Police Department](#) (607) 272 9973

[Cornell University Emergency Assistance](#) (607) 255 1111

[Ithaca College Emergency Assistance](#) (607) 274 3333

[988 Suicide and Crisis Lifeline](#) 988 or (800) 273 8255

[Crisis Text Line 24/7](#) Text “Home” to 741-741

[Veterans Crisis Line](#) Dial 988 then press 1 or send a text message to 838255

[The Trevor Project](#) (866) 488 7386 or text START to 678678

### **College Mental Health Crisis**

[Cornell University Counseling and Psychological Services \(CAPS\)](#) (607) 255 5155

[Ithaca College Center for Counseling and Psychological Services \(CAPS\)](#) (607) 274 3177

[Tompkins Cortland Community College Mental Health Services](#) (607) 844 6577

### **Rape and Sexual Assault**

[Advocacy Center of Tompkins County](#) (607) 277 5000

[Rape, Abuse & Incest National Network \(RAINN\)](#) (800) 656 4673

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# **The Sophie Fund**

[www.thesophiefund.org](http://www.thesophiefund.org)

