



**COLLEGE STUDENT MENTAL HEALTH STATISTICS**

**86%**  
HAVE FELT OVERWHELMED

**81%**  
HAVE FELT EXHAUSTED

**30%**  
SUFFER FROM DEPRESSION

**6.6%**  
HAVE SERIOUSLY CONSIDERED SUICIDE

**SUICIDE IS THE 3RD LEADING CAUSE OF DEATH FOR 15-24 YEAR OLDS**

\*stats from the American College Health Association

Depression is a mood disorder that causes a persistent feeling of sadness and loss of interest. College depression begins due to a variety of new aspects that young adults are dealing with on their own for the first time in their lives. Students face challenges, pressures, and anxieties that can cause them to feel overwhelmed. They are adapting to new schedules and workloads, adjusting to life with new roommates, and figuring out how to fit in.

Depression symptoms may not get better on their own and many get worse if left untreated. Untreated depression can lead to other high-risk behaviors such as binge drinking, substance abuse, and the risk of suicide.

If you have these feelings or exhibit some of these warning signs, do not hesitate to call Michiana Behavioral Health for the help you need. We are open 24 hours a day/7 days a week. Our assessment is free and our Master's level counselors will direct you to the level of care that is needed.



**Michiana Behavioral Health**

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