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## Promoting Mental Health Awareness at URI

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# Promoting Mental Health Awareness at URI

Megan Kurose

## Introduction

Mental health is one of the most heavily stigmatized topics among modern-day teens and young adults. The issue stands as a “don’t ask, don’t tell” topic of discussion, yet it is one of the most pressing and relevant issues faced during adolescence. The goal of my project was to open up the conversation to URI students about the importance of seeking out mental health care, should they, or a friend, need help. Eleven mental health-related organizations from URI came together on April 11, 2018 to host a “Mental Health Awareness Day” on the URI Kingston Quad from 12-3 PM.



## College and University Students: Mental Health Facts and Figures

- Suicide is the 2<sup>nd</sup> leading cause of death among U.S. teenagers.<sup>1</sup>
- 7% of college students have “seriously considered suicide” during the past year;
- 1 in 4 young adults between the ages of 18-24 have a diagnosable mental illness;
- More than 25% of college students have been diagnosed or treated by a professional for a mental health condition in the past year;
- 31% of college students have felt so depressed in the past year that it was difficult to function, and more than 50% have felt overwhelming anxiety, making it hard to succeed academically;
- Almost 73% of students living with a mental health condition experienced a mental health crisis on campus, yet 35.2% reported their college did not know about their crisis;
- Concern of stigma is the #1 reason students do not seek help.<sup>2</sup>

## URI Organizations in Attendance:

- ✓ Health Services
- ✓ Counseling Center
- ✓ Psychological Consultation Center
- ✓ Emergency Medical Services
- ✓ Campus Police
- ✓ Disability Services
- ✓ Couple and Family Therapy Clinic
- ✓ Substance Abuse Prevention Services
- ✓ Dean of Students Office
- ✓ Housing and Residential Life
- ✓ Gender and Sexuality Center
- ✓ Women’s Center
- ✓ Ureca! (URI Eating Concerns Advisors Club)

## Survey Results & Analysis

Survey Summary: 129 unique survey responses

Gender Breakdown:

- 72% Female
- 25% Male
- 2% Non Gender Binary/Gender Fluid
- 1% Prefer Not to Say

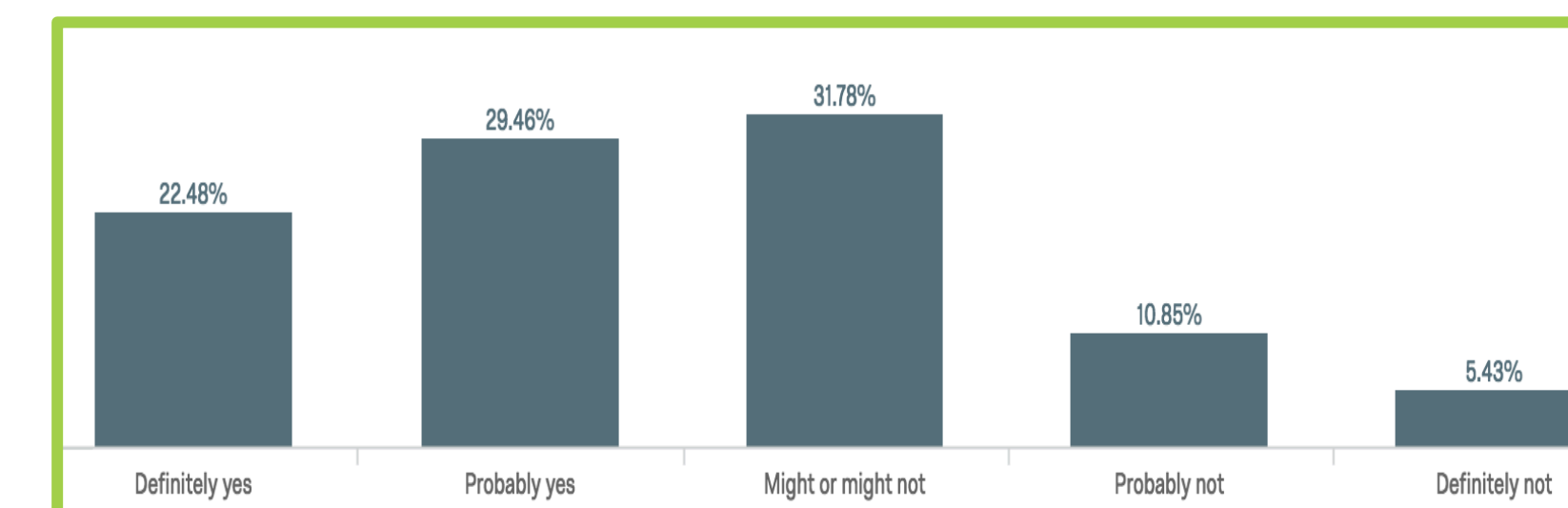
Class Year Breakdown:

- 28% Freshman
- 23% Sophomore
- 25% Junior
- 21% Senior
- 2% Graduate Student
- 1% Non-Matriculated Student

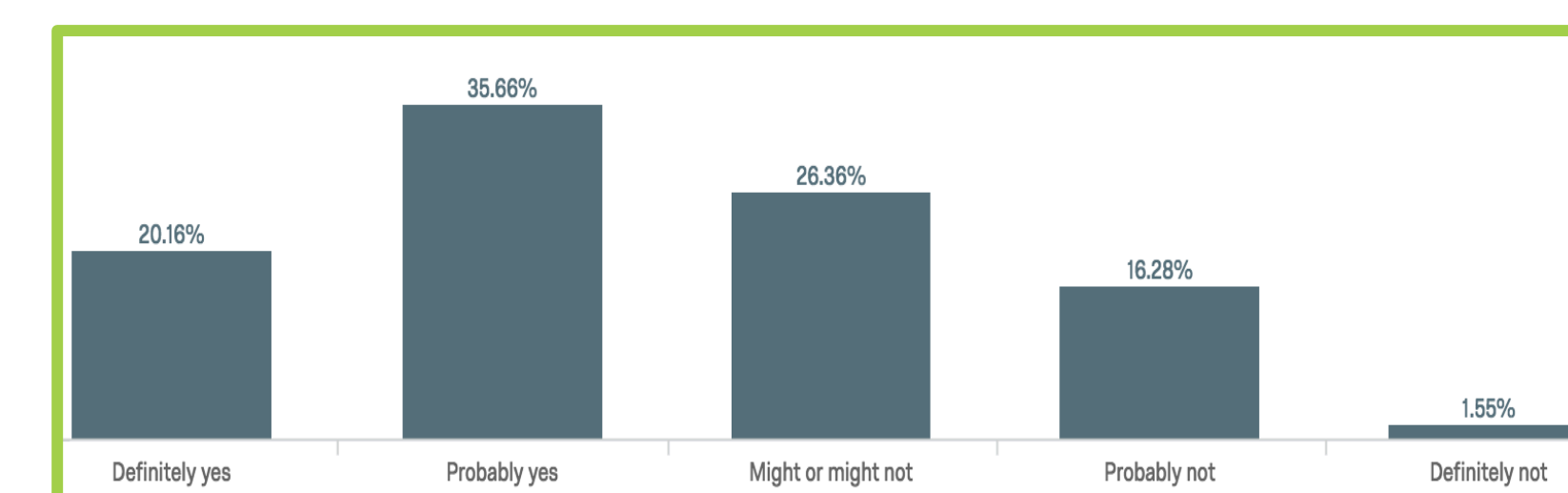
- Top URI organizations students sought support from:
  1. Counseling Center (28.57%)
  2. Health Services (17.86%)
  3. Other, Housing and Residential Life (10.71%, 10.71%)
- Top URI organizations students were familiar with:
  1. Health Services (13.75%)
  2. Campus Police (11.42%)
  3. Women’s Center (11.07%)
- In general, how would you rate your mental or emotional well being?



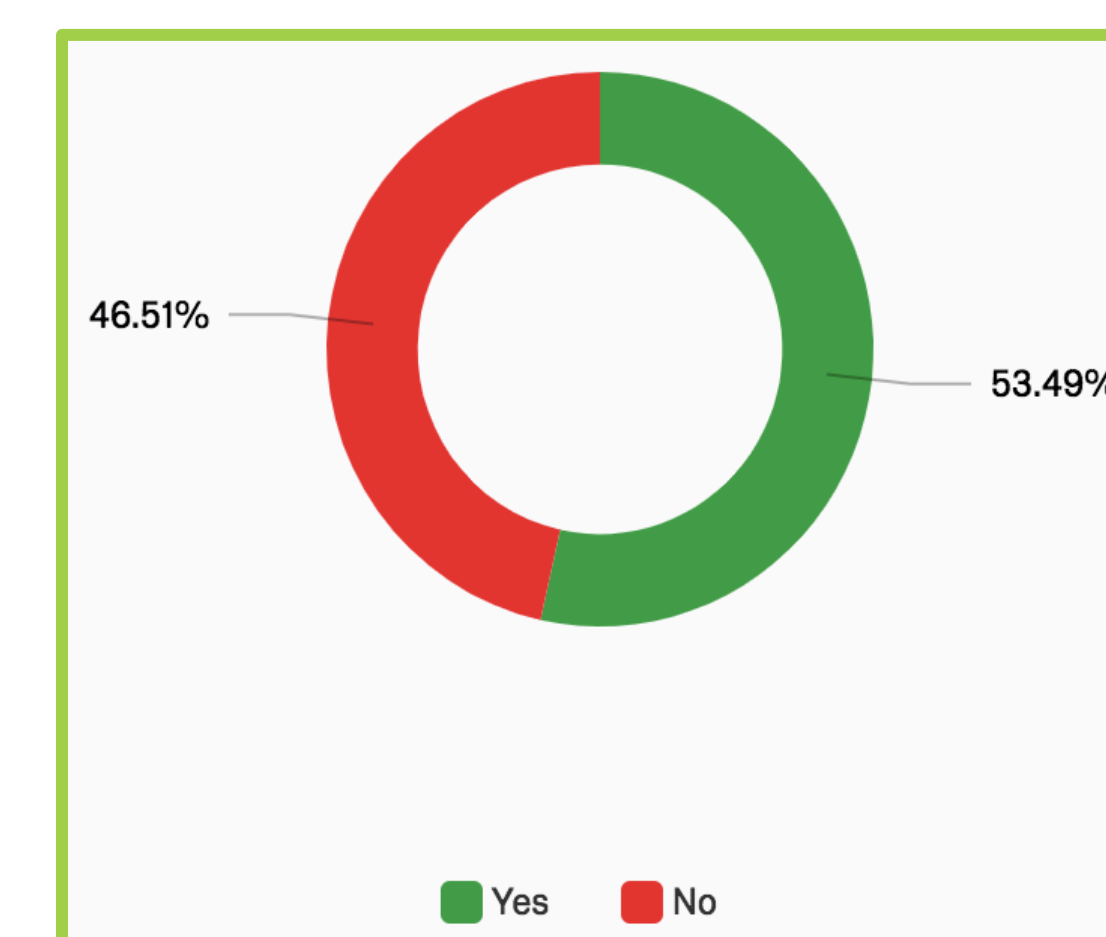
- If you were experiencing a mental or emotional issue/crisis, would you feel comfortable talking to someone on campus about it (peer, professor, faculty member, RA, counselor)?



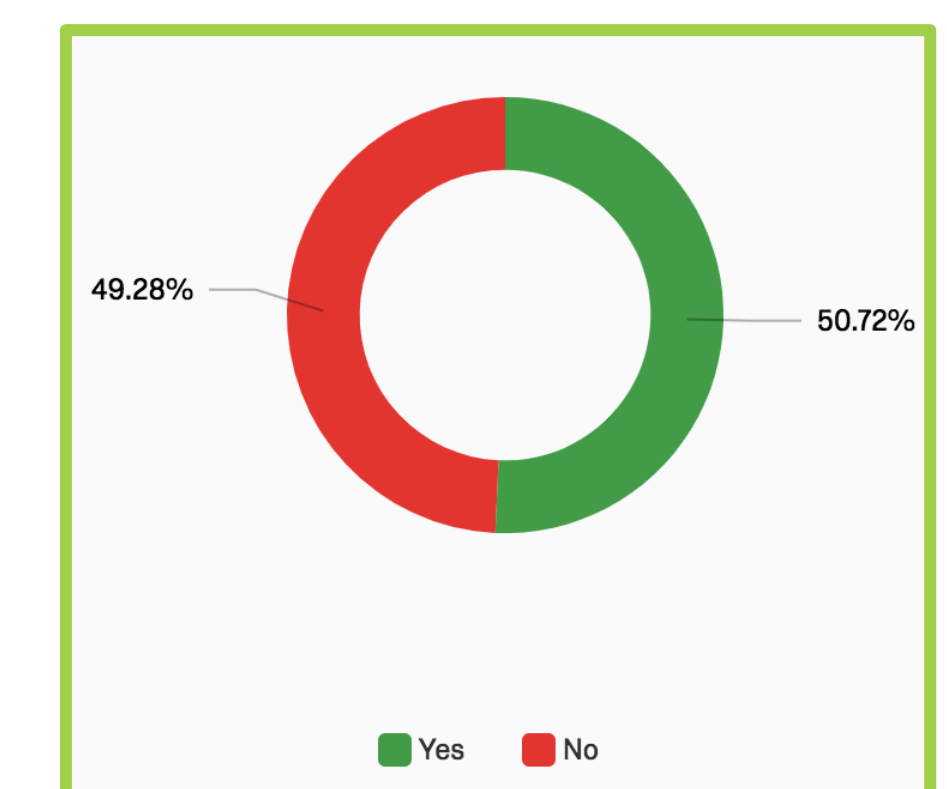
- If you were experiencing a mental or emotional issue/crisis, do you feel as though you would know what to do, or where to go?



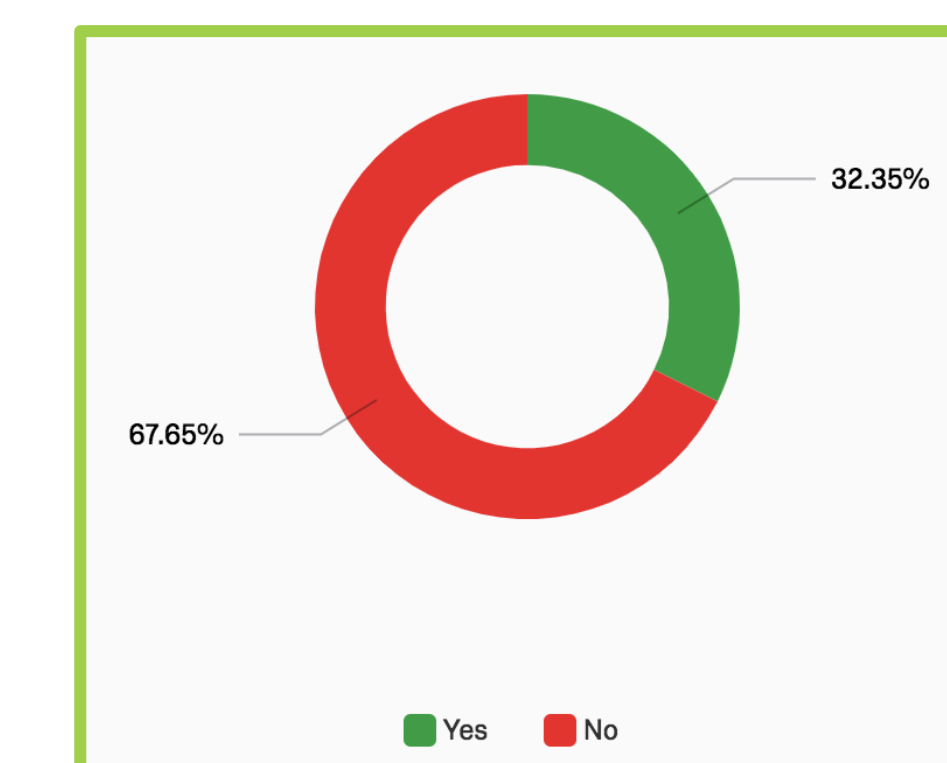
- In the past six months, have you experienced a mental or emotional issue that caused you to seek support?



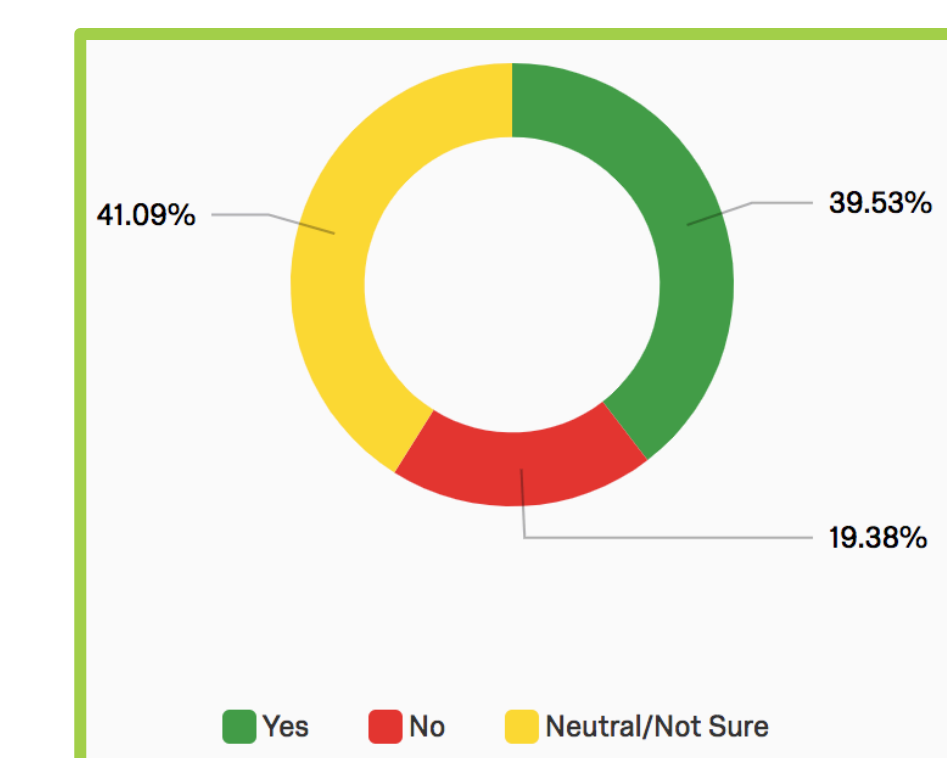
- Did you find the support you were looking for on campus?



- Were you referred to a service off campus?



- Are you satisfied with the scope of mental health-related services offered at URI?



## Literature Cited:

<sup>1</sup>Vanorman, Alicia, and Beth Jarosz. “Suicide Replaces Homicide as Second-Leading Cause of Death Among U.S. Teenagers.” *Population Reference Bureau*, Population Reference Bureau, 9 June 2016, [www.prb.org/suicide-replaces-homicide-second-leading-cause-death-among-us-teens/](http://www.prb.org/suicide-replaces-homicide-second-leading-cause-death-among-us-teens/).  
<sup>2</sup>Chadron State College. “College Student Mental Health Statistics.” *Chadron State College*, Chadron State College, [www.csc.edu/bit/resources/statistics/](http://www.csc.edu/bit/resources/statistics/).

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