



**Board of Trustees  
Academic Affairs Committee  
December 1, 2020  
1:15pm**

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**Discussion Item**

AAC – 2      **Student Mental Health Update (Akens, Whitney)**

**Background Information**

College mental health is a critical aspect to student success. This presentation will address trends in college student mental health and explore how UNC Greensboro's Counseling Center is supporting students during the pandemic and preparing for the anticipated needs as we move into the future.

Attachments:

AAC 2.1      Student Mental Health Update Presentation (see below)

A handwritten signature in blue ink, appearing to read 'Jim Coleman', written over a horizontal line.

Jim Coleman  
Provost and Executive Vice Chancellor

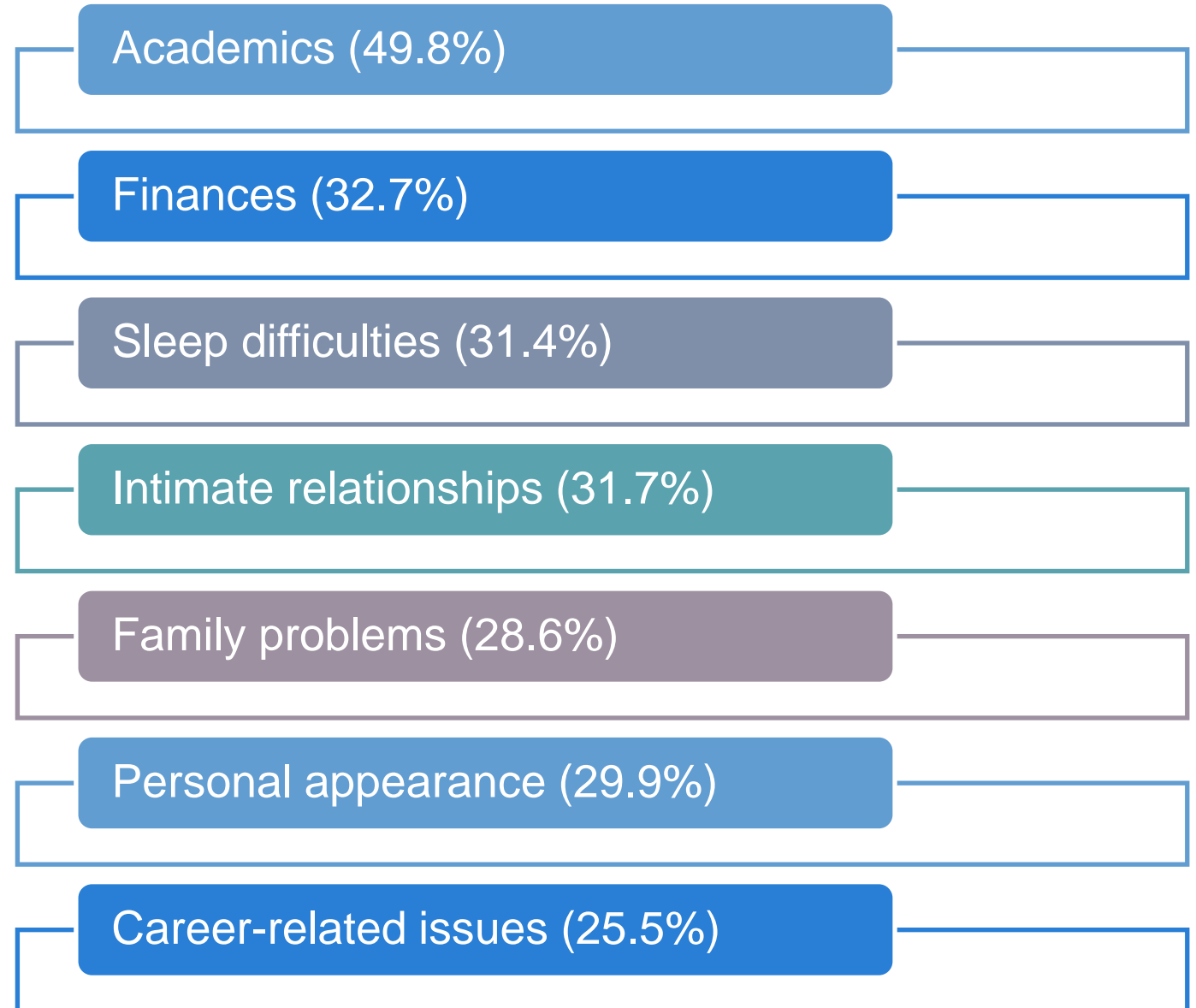
# Student Mental Health

Jennifer M. Whitney, Ph.D., LCMHCS

*The Counseling Center Director*

86% of college students report feeling overwhelmed by all they had to do in the last 12 months

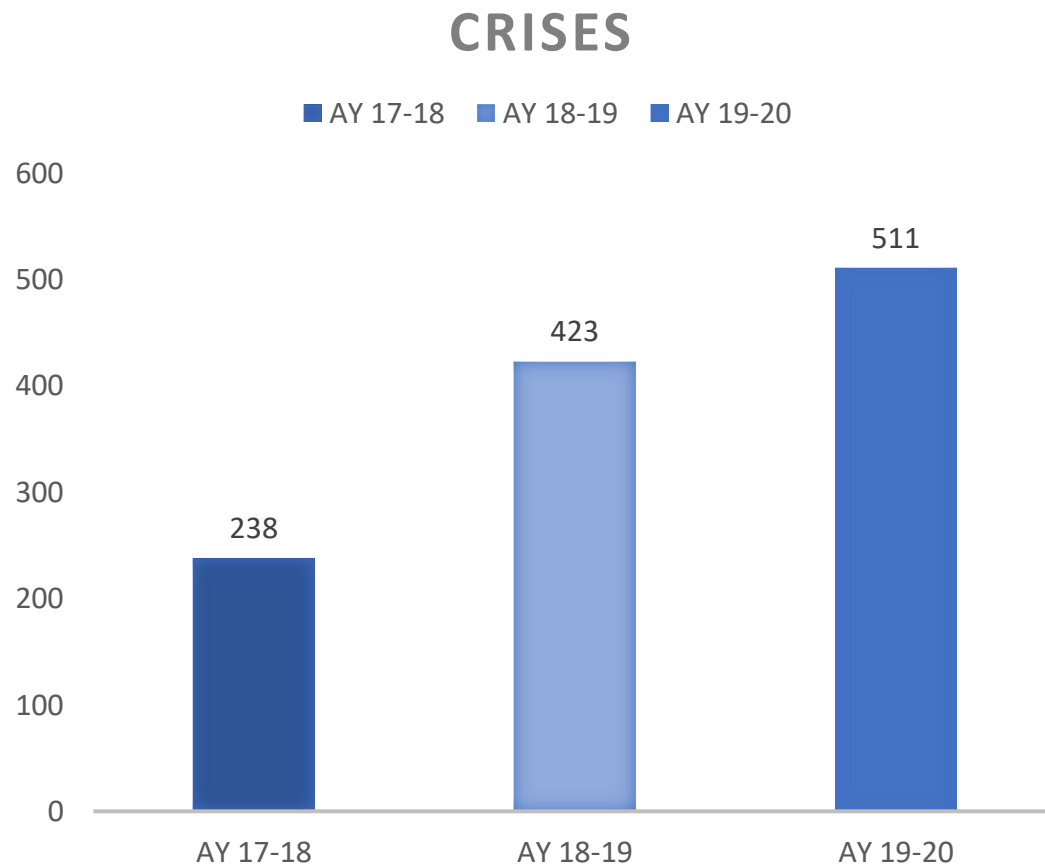
*(NCHA 17-18)*



# Healthy Minds Survey

Elevated level of Depression	51%
Elevated level of Anxiety	87.1%
Elevated level of Eating Concerns	82.1%
Non-suicidal Self Injury (past year)	61.6%
Suicidal Ideation (past year)	66%
Lifetime diagnoses of mental disorders	39.3%
Psychiatric Medication (past year)	63.7%
MH Therapy/Counseling (past year)	45.9%
Seriously considered suicide (past 12 months) (NCHA)	13.8%

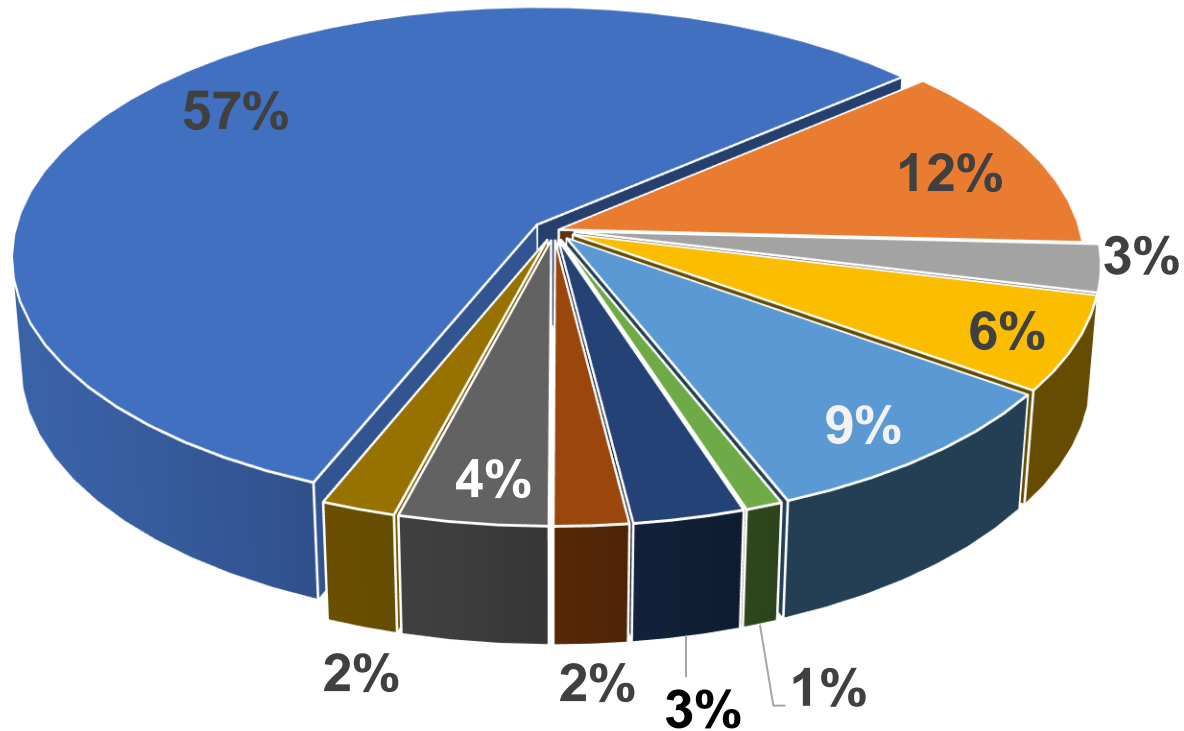
# Crises Year Over Year



## Crisis:

- I am having thoughts of hurting or killing myself or someone else.
- I have a current plan to attempt suicide or physically hurt someone else.
- I am hearing voices and/or seeing things that others do not.
- I have recently experienced the death of a loved one or another significant loss.

# Crisis Management: 2019 – 2020 School Year



- Suicidal Ideation: 57% (51)
- Suicide Attempt: 12% (11)
- Alcohol Use/Transport: 3% (3)
- Paranoia/Psychosis: 6% (5)
- Self Harm: 9% (8)
- Homicidal Ideation: 1% (1)
- Unknown: 3% (3)
- Mania: 2% (2)
- Welfare Check: 4% (4)
- Trauma: 2% (2)

# ACADEMIC IMPAIRMENT

In the past 4 weeks, how many days have you felt that emotional or mental difficulties have hurt your academic performance?



30% None

34% 1 - 2 days

25% 3 - 5 days

11% 6 or more days