

WELCOME TO



**Addressing the Blooming Mental Health Crisis
Among College Students**

September 19, 2023

2:30pm

About the Presenter

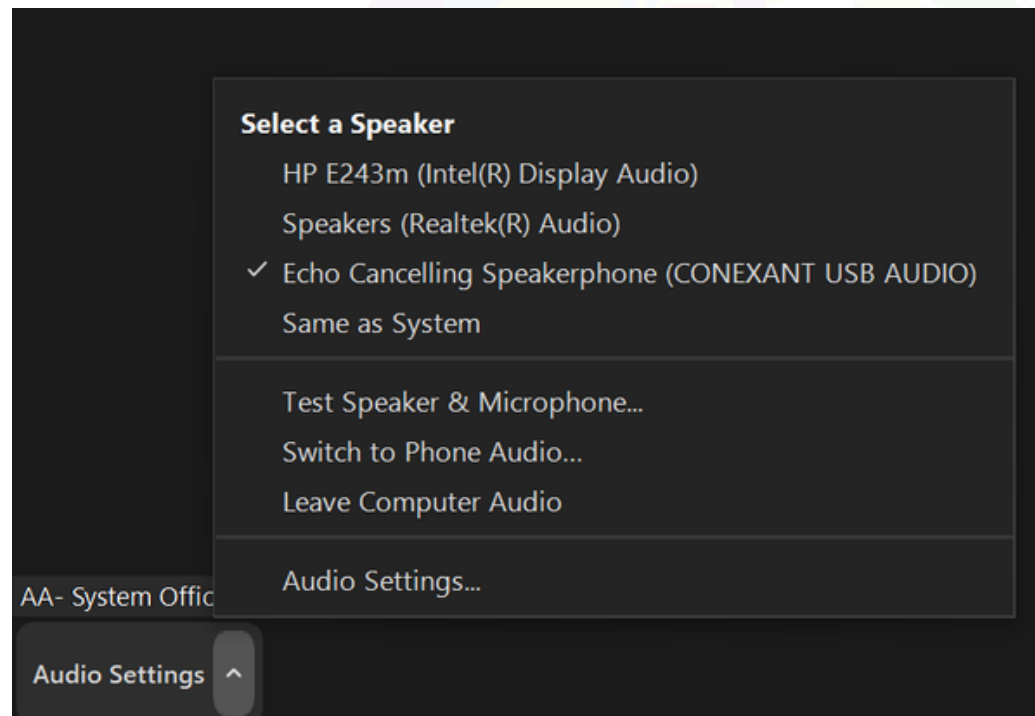


Crystal Edwards

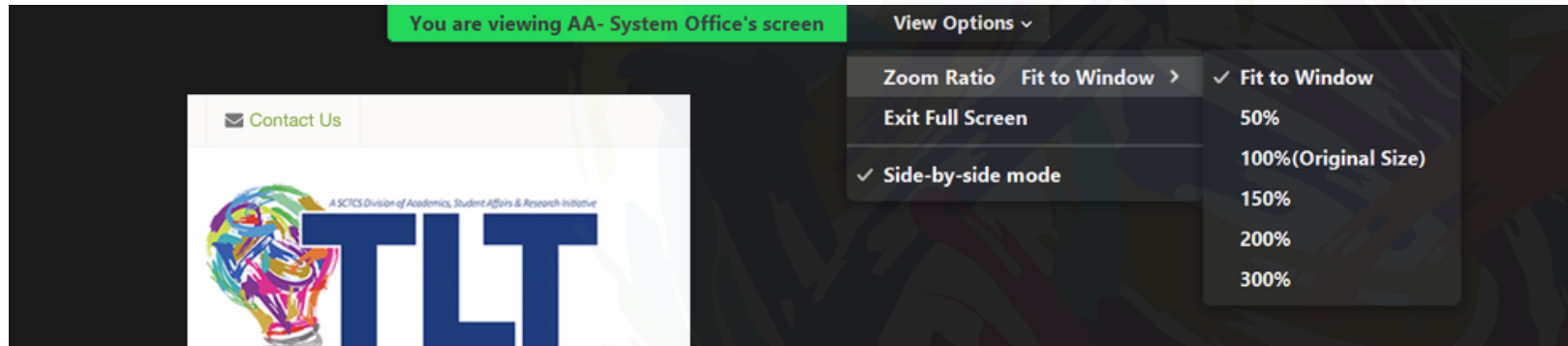
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Zoom Webinar



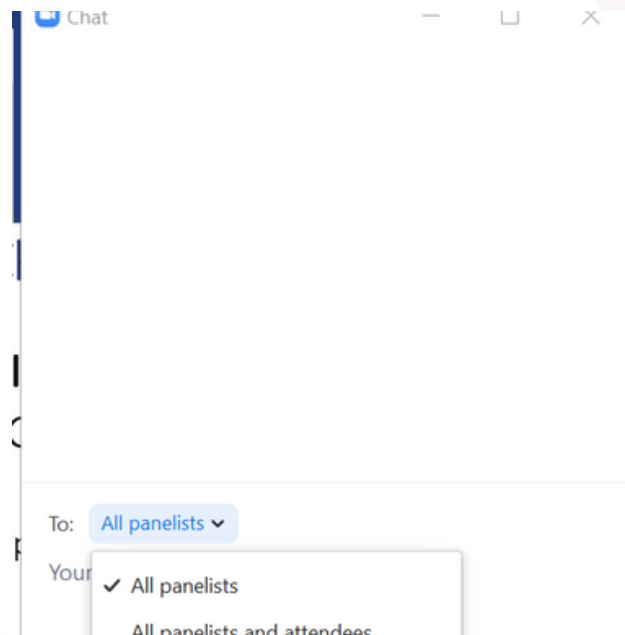
Zoom Webinar



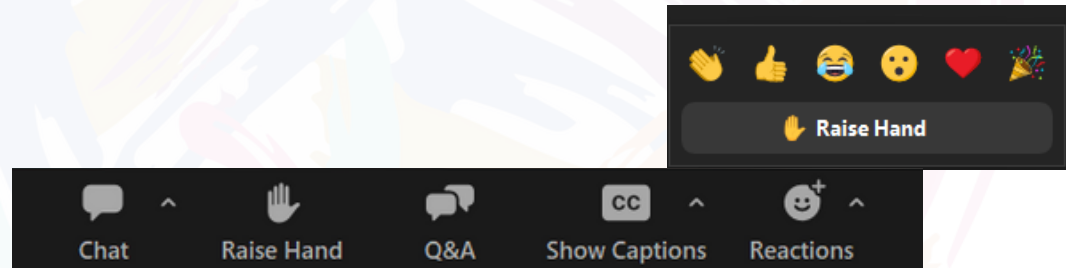
Zoom Webinar

Chat

Raise Hand and Q&A



A screenshot of the Zoom chat interface. The window title is "Chat". Below the title bar, there is a "To:" dropdown menu set to "All panelists" and a "Your" dropdown menu with options "All panelists" (selected) and "All panelists and attendees".



A screenshot of the Zoom webinar control bar. It features a row of icons: Chat, Raise Hand, Q&A, Show Captions, and Reactions. A secondary menu is open over the Reactions icon, showing a row of reaction emojis (clapping hands, thumbs up, laughing, surprised, heart, confetti) and a "Raise Hand" button with a hand icon.



Addressing the Blooming Mental Health Crisis Among College Students

Presented By:
Crystal Edwards, M.Ed.
Student Wellness & Accessibility Manager
Aiken Technical College

National Suicide Prevention Month

Suicide is the 2nd leading cause of death for college students



**American
Foundation
for Suicide
Prevention**



Suicide Data: South Carolina



Suicide is a public health problem and leading cause of death in the United States. Suicide can also be prevented – more investment in suicide prevention, education, and research will prevent the untimely deaths of thousands of Americans each year. Unless otherwise noted, this fact sheet reports 2020 data from the CDC, the most current verified data available at time of publication (March 2022).

12th leading cause of death in South Carolina

3rd leading

cause of death for ages 10-24

3rd leading

cause of death for ages 25-34

4th leading

cause of death for ages 35-44

7th leading

cause of death for ages 45-54

11th leading

cause of death for ages 55-64

18th leading

cause of death for ages 65+

Suicide Death Rates

	Number of Deaths by Suicide	Rate per 100,000 Population	State Rank
South Carolina	868	16.27	24
Nationally	45,979	13.48	

66.21% of communities did not have enough mental health providers to serve residents in 2021, according to federal guidelines.

Almost **three times** as many people died by suicide in 2019 than in alcohol related motor vehicle accidents.

The total deaths to suicide reflected a total of **18,313 years** of potential life lost (YPLL) before age 65.

50% of firearm deaths were suicides.

65% of all suicides were by firearms.

15% of students
reported having
thoughts of suicide

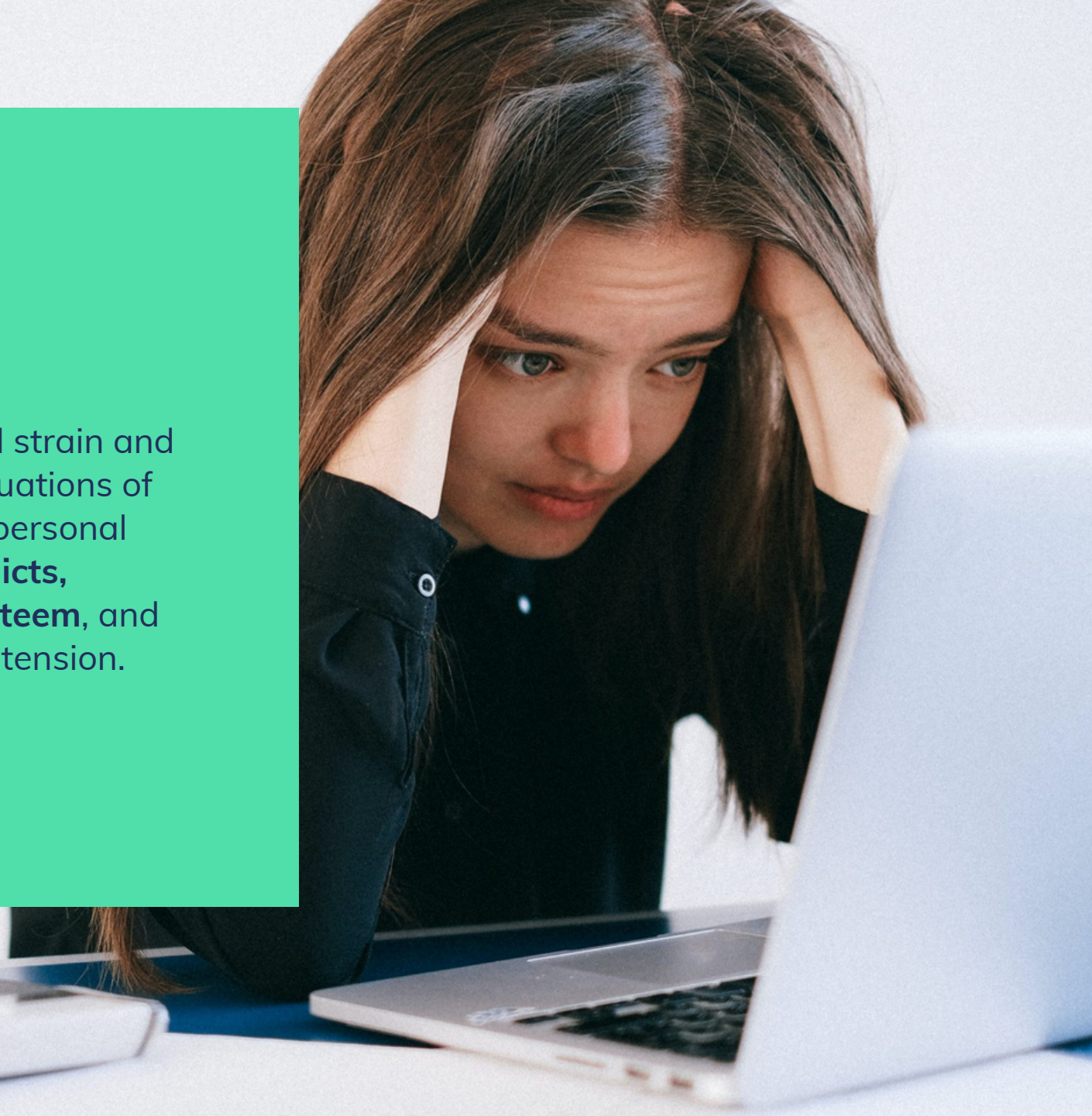
Community College Students & Mental Health

“55 percent of community college students cited emotional stress as the number one reason for considering withdrawing”

Gallup and the Lumina Foundation Report

Emotional Stress

The feeling of psychological strain and uneasiness produced by situations of danger, threat, and loss of personal security or by **internal conflicts, frustrations, loss of self-esteem,** and grief. Also called emotional tension.





Emotional Stress Symptoms

Emotional

Being emotional more than usual

Overwhelmed

Feeling overwhelmed and over the edge

Forgetful

Trouble keeping track of things or remembering

Misfocused

Trouble problem solving, getting work done, and making decisions

Depression

Feeling sad and loss of interest in pleasurable activities

Anxiety

Overly worried and fearful about everyday life

Substance Abuse

Relying on alcohol and drugs to relieve stress

Fatigue

Lack of energy and drive

Depression

44% of students
reported symptoms
of depression

20%
Moderate

23%
Severe

The Healthy Minds Study
Data Report 2021-2022

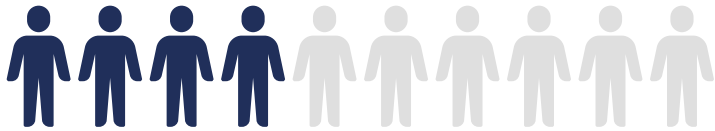
Depression Symptoms

- **Constant Frustration**
- **Feelings of Hopelessness**
- **Persistent Sadness**



Anxiety

37%



Students with Anxiety

18%



Students with Severe Anxiety

Anxiety Symptoms



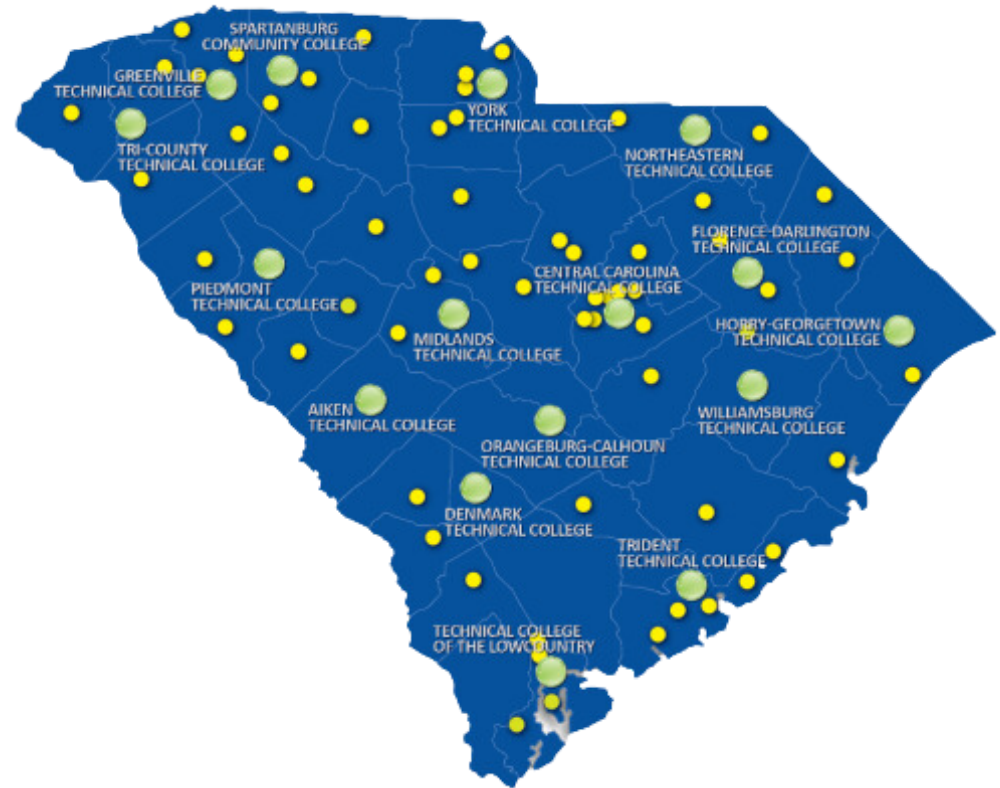
Worry

Fear

Running Thoughts

SC TECHNICAL COLLEGE SYSTEM

Approximately
100,000 students are
enrolled in our credited
programs

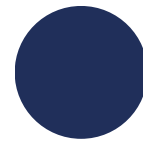




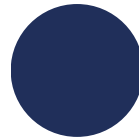
Mental Health Issues	Number of Students
Emotional Stress	55,000 (55%)
Suicide Ideation	15,000 (15%)
Depression	37,000 (37%)
Anxiety	44,000 (44%)



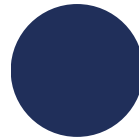
Driving Factors of Mental Health Crisis



Culture of Isolation



Demanding Responsibilities



Financial Hardship



Comparison to Others



From Crisis to Culture of Care



Culture

- Restructure Approaches
- Collaboration/Partnership
- Goal Setting
- Consistent Review
- Relationship Building

Care

- Looking for the Missing Voice
- Understanding Barriers
- Encouragement
- Accountability
- Safe Environment



Culture in Biology



**To maintain in
conditions suitable
for growth**

Questions?



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2023 TLT Fall Sessions

October 17, 2023	The Energy Bus Chelsie Smith & Theresa Jordan, WTC
November 14, 2023	Jobs for America's Graduates JAG Staff, SCTCS

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