



# Social Support

## College Counseling Services

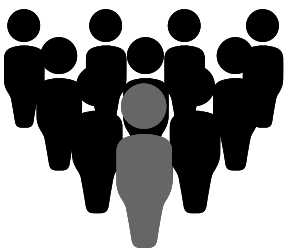
College can be an exciting time, but it can also be overwhelming, stressful, and mentally draining. Mental disorders are common among American college students. One in four college students experience mental illness and 75 percent do not seek help for mental health problems. According to the National Institute of Health, by age 24, three-quarters of people experiencing mental health problems are diagnosed.

Mental disorders during young adulthood can be disguised as “growing pains” and the mind’s response to stressful situations such as exams, job hunting, and socializing. If you are feeling symptoms of a mental disorder, it is beneficial to seek help immediately before signs of symptoms worsen

**Below are some information and tips about college counseling services:**



- **Most colleges provide students with counseling services** as a part of a student life fee or college health insurance plan.



- **College counseling service departments have licensed professionals** that can provide you with mental health evaluation and services.

- **If a counseling services department is unable to address your mental health needs, they can refer you** to a professional or treatment program in your area.



- **In addition to individual treatment, some colleges offer group therapy.** Group therapy with other college students can be supportive and reassuring that you are not alone.

- If you do not have a health insurance plan, let a college counselor know so they can direct you to an organization that can provide mental health services to you at a low-cost or for free.