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Arachnophobia (and other concerns): A Study of Student Mental Health at the University of Richmond

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Arachnophobia (and other concerns):

**A study of student mental health at
the University of Richmond**

Leah Cabo

Hannah Dunn

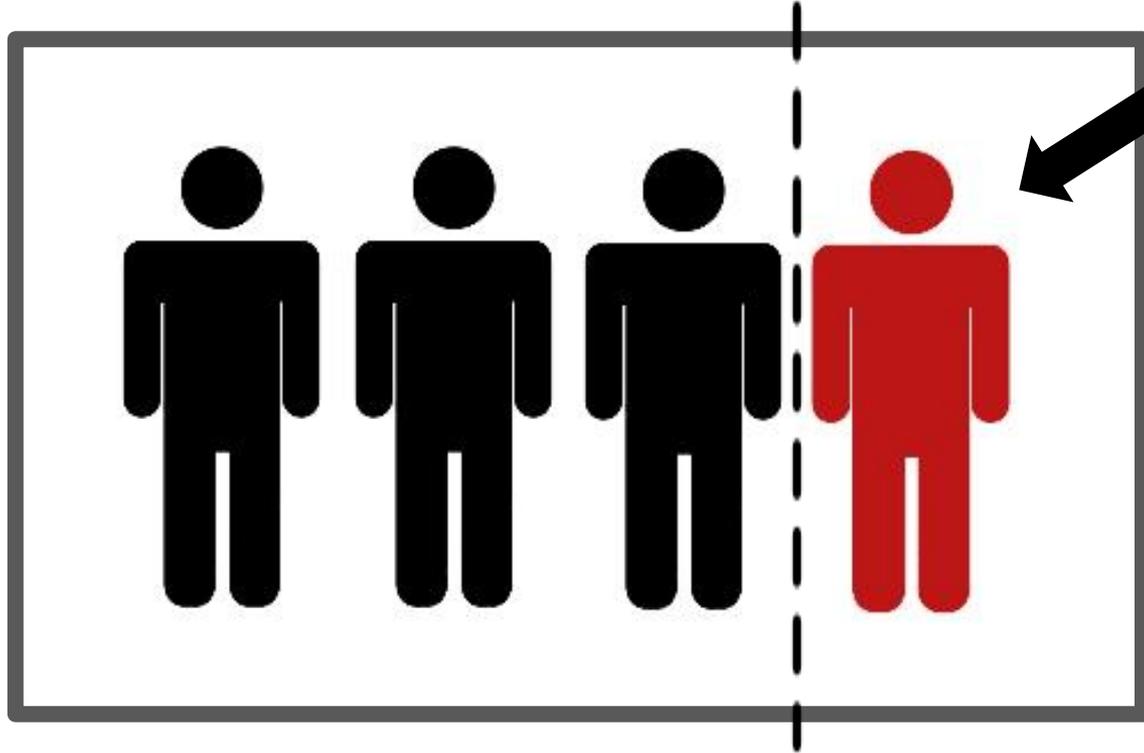
Adriana Grimes

Annika Sampedro



Who does mental health affect?

EVERYONE



John

COLLEGE

homesickness

academic rigor

career

drugs and alcohol

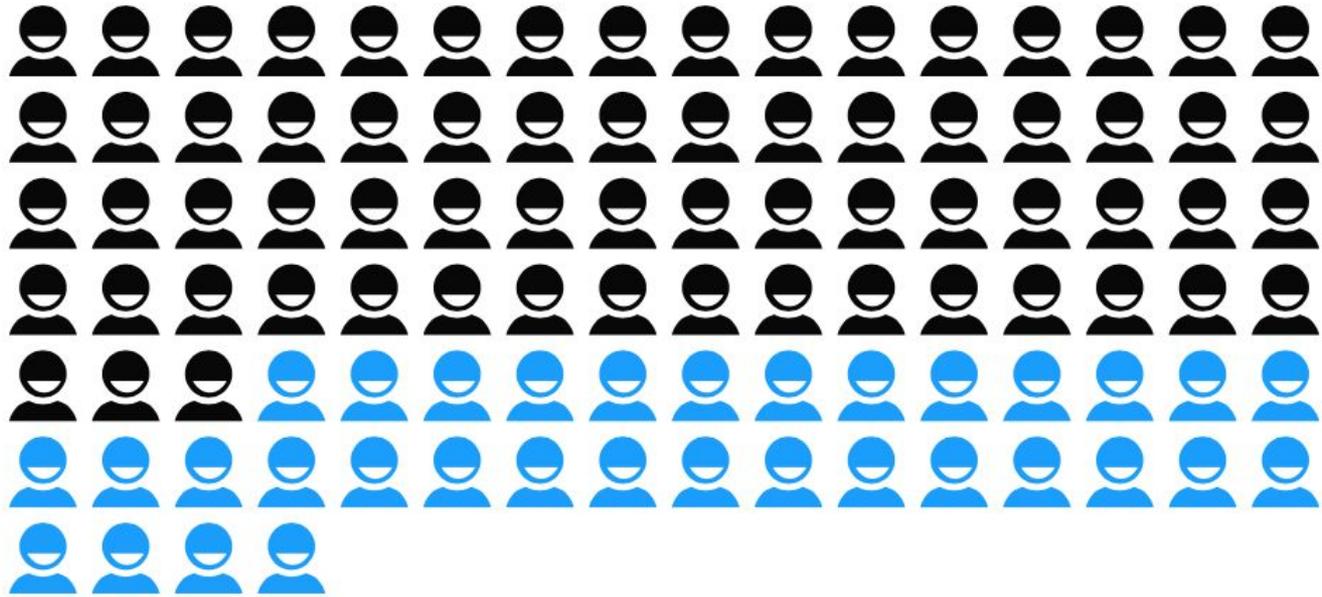
independence

unfamiliarity

social pressure

new friends





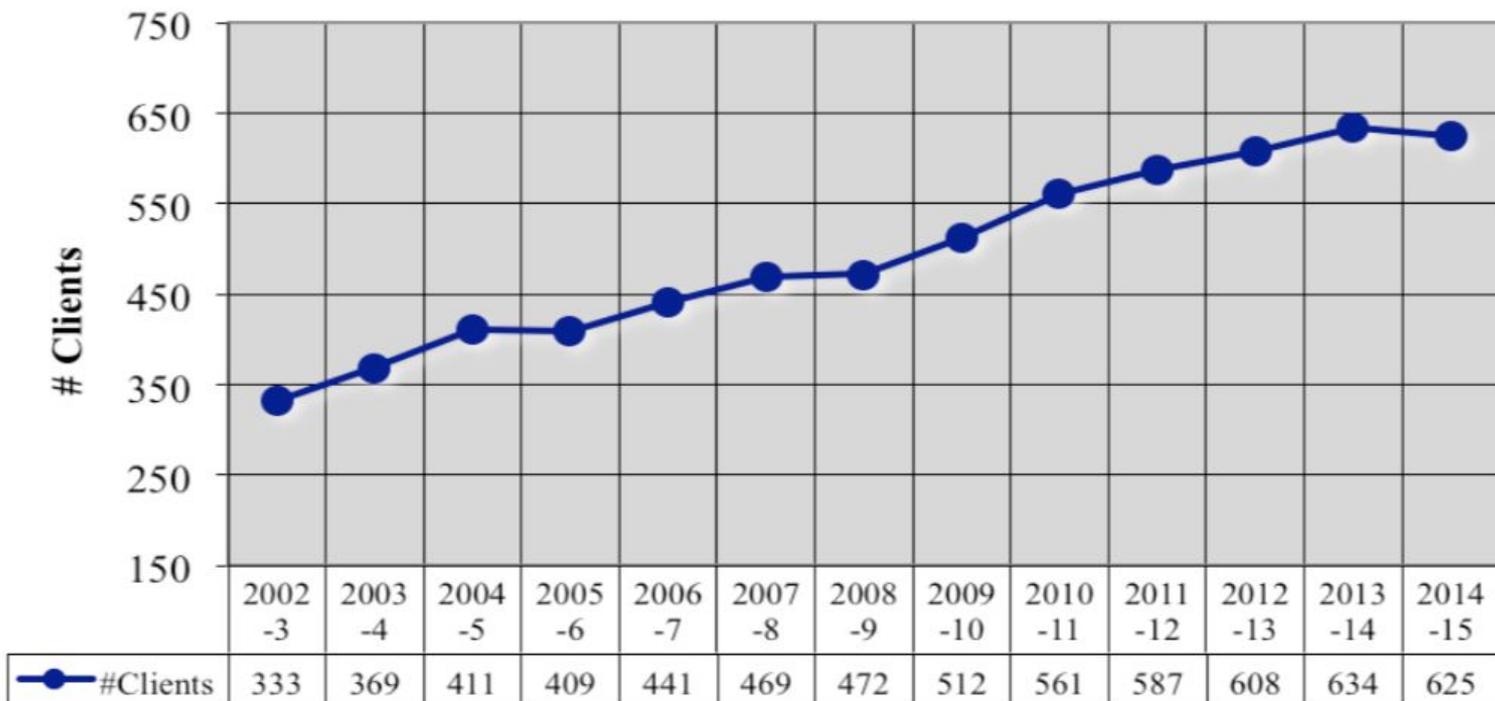
Two-thirds of students who are struggling do not seek treatment, according to the American College Health Association Spring 2015 assessment.

Rank	State
1	Minnesota
2	South Dakota
3	Connecticut
4	Vermont
5	Massachusetts
6	Alaska
7	North Dakota
8	District of Columbia
9	Kentucky
10	New Jersey
11	Iowa
12	Pennsylvania
13	New York
14	Michigan
15	New Hampshire
16	New Mexico
17	Delaware

Rank	State
18	Kansas
19	Illinois
20	Maine
21	Ohio
22	Georgia
23	Maryland
24	Missouri
25	Utah
26	Nebraska
27	Washington
28	West Virginia
29	Colorado
30	Tennessee
31	Mississippi
32	Hawaii
33	Oklahoma
34	Indiana

Rank	State
35	Texas
36	Louisiana
37	South Carolina
38	California
39	North Carolina
40	Rhode Island
41	Florida
42	Wyoming
43	Montana
44	Wisconsin
45	Virginia
46	Alabama
47	Idaho
48	Nevada
49	Oregon
50	Arizona
51	Arkansas

CAPS Clients x Year



WOMEN (n = 379)		MEN (n = 243)	
Anxiety	64.7%	Anxiety	53.3%
Stress	61.3%	Depression	45.9%
Depression	52.5%	Stress	43.8%
Relationship problems	50.1%	Relationship problems	33.7%
Family concerns	45.4%	Family concerns	28.9%

Who Encouraged You to Visit CAPS?				
No one, came on my own	148	146	198	35.6%
Academic advisor	15	11	14	
Athletic Dept staff	9	12	11	
Deans office	22	14	27	92.9%
Friend	67	46	66	43.5%
Off-campus Health Care Prof.	14	19	29	52.6%
Parent/Family member	60	58	65	12.1%

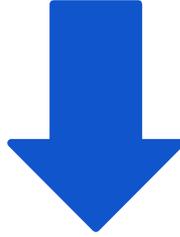
Types of Stigma

Public



Self

Stereotypes



Prejudice



Discrimination

Examples of Stigma

Fear and exclusion

Irresponsible

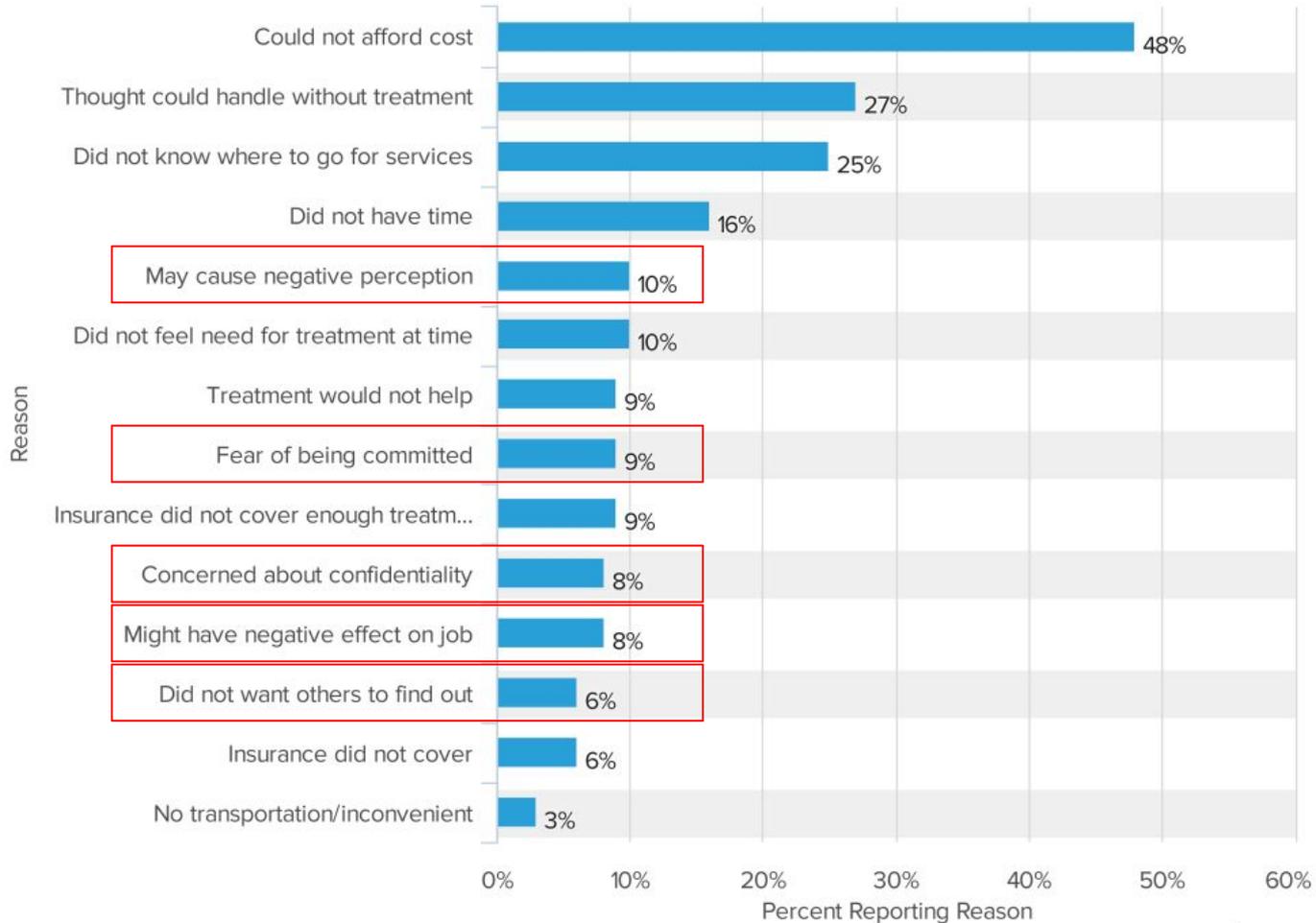


“The prejudice and discrimination of mental illness is as disabling as the illness itself. It undermines people attaining their personal goals and dissuades them from pursuing effective treatments.”



active
minds

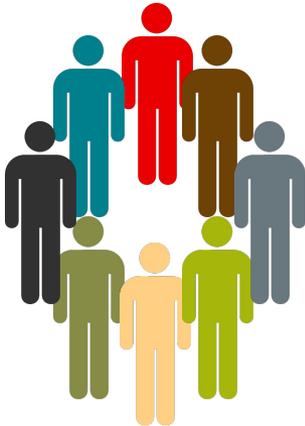
Reasons For Not Receiving Mental Health Treatment



Group support

Clever tool *or* mumbo-jumbo?

**Community
Building**



**Reducing
Isolation**

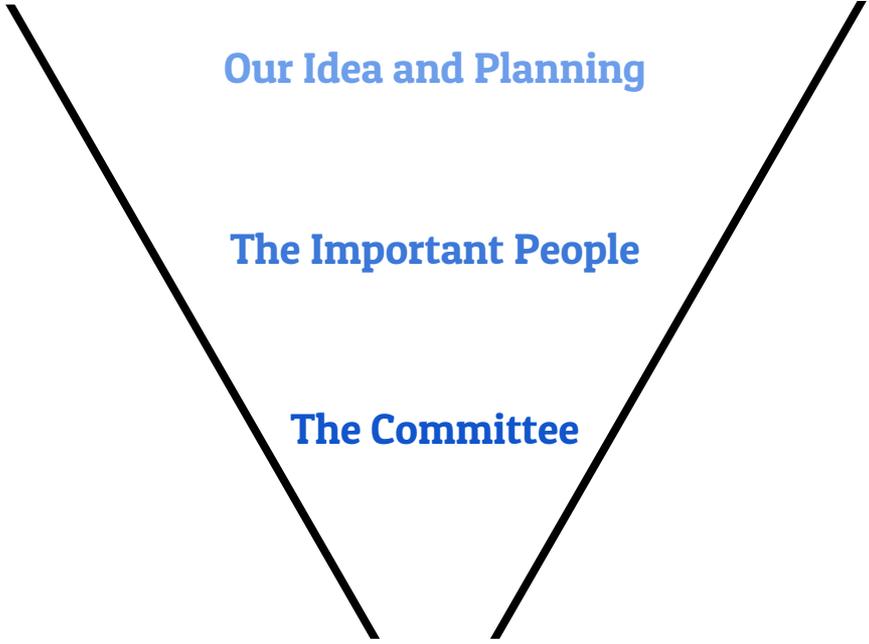
**Access to
Resources**

**Prevention through
community
outreach**

Clever tool!

**But Active Minds can't do it
alone**

How to start a club

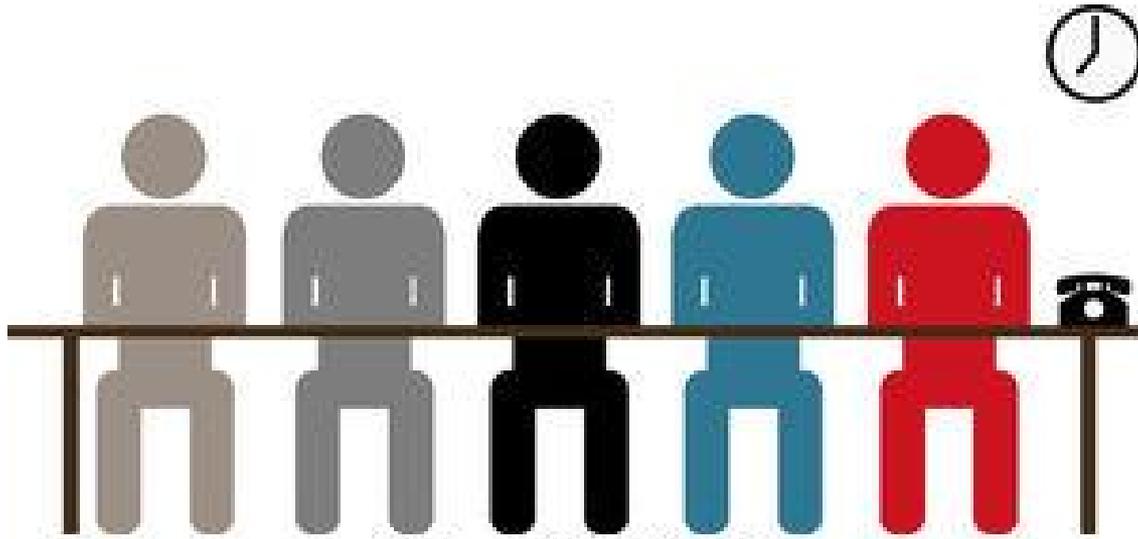


Our Idea and Planning

The Important People

The Committee

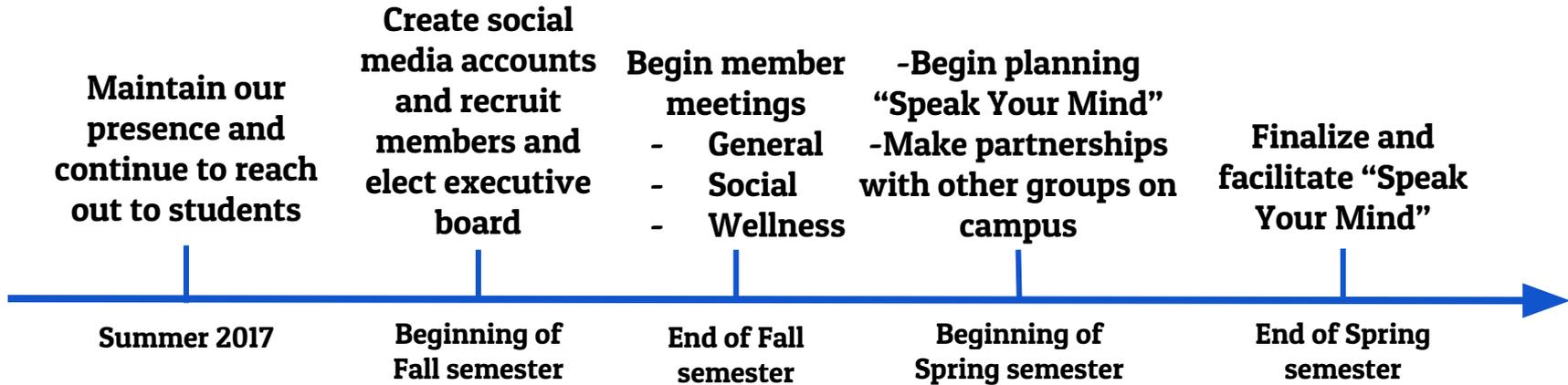
Active Minds is Official!



**John becomes a member of active minds
and gets elected to the executive board**

*First Year of **Active Minds***

You're invited!





WE WANT YOU!

Sources

"Active Minds." Active Minds. Accessed April 14, 2017. <http://www.activeminds.org/>.

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