



Options for College Related Stress

In my Previous article written in December of 2016, “When To Be Concerned About College Related Stress” <http://www.behavioralwellnessgroup.com/index.php/articles/73-when-to-be-concerned-about-college-related-stress> I referenced research conducted by the National Alliance on Mental Illness regarding mental health on college campuses:

- One in four students has a diagnosable mental illness
- 40% do not seek help
- 80% feel overwhelmed by their responsibilities
- 50% have been so anxious they struggle in school

Signs to watch out for include:

- *significant changes in eating / weight or sleeping patterns*
- *loss of interest in pleasurable activities*
- *decrease in motivation / energy / grades*
- *withdrawal from others and skipping classes*
- *feelings of sadness / unhappiness or increased tearfulness*
- *overwhelming feelings of anxiety / fear / rapid heartbeat / shortness of breath / lightheadedness / dizziness*
- *physical symptoms such as muscle pain and tension, headaches, stomach issues or diarrhea.*
- *feelings of hopelessness / helplessness / despair*
- *thoughts of self harm or suicide*
- *trouble concentrating, slowed thinking and decision making*
- *decreased accomplishments*
- *increased anger / irritability / frustration or guilt feelings*
- *self-medicating with alcohol, drugs, gambling or sex*

If these symptoms persist for a couple of weeks or so or if they pose safety threat to self or others:

- Seek Help From Your Campus Counseling Center
- Consult Your Student Health Center to learn more about student wellness

Research shows that there may be a stigma associated with seeking help from campus counseling centers. In addition, although they provide an excellent service, these centers are often unable to accommodate the volumes of students needing services. If any of these is/are the case, please consider these options:

- Contact Your Primary Care Physician
- Inform Your Therapist or Psychiatrist if you have one in place
 - Seek individual therapy and possible medication options through your primary care physician or ask for a referral to a mental health prescriber
- Inform Close Friends, Teachers, Coaches and Family
- Consider a Support Group

A new Alternative:

The new option offered at The Behavioral Wellness Group, www.campustherapy.com Campustherapy.com is an alternative to some of the aforementioned options. Campustherapy.com provides the ability to reach out electronically to a licensed mental health professional. This option is private, convenient, accessible and accommodates your schedule.

Lastly, if none of the above options are effective, one can:

- Contemplate College Leave
- Intensive Outpatient Programs to learn effective coping skills can be extremely helpful
 - The Health and Wellness Intensive Outpatient Program at The Behavioral Wellness Group is an excellent option for rehabilitation during this time
 - Seek other rehabilitation options close to your home if needed
- Inpatient care for stabilization may be indicated in very serious cases

In conclusion, know the signs that you or someone you care about is struggling beyond the typical stressors of college life. Don't suffer or watch others struggle in silence. Know that help is available! There is Hope! **Consider Campustherapy.com.**

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