

15.08%

of young adults experience *major depressive episodes*.

2.9%

of young adults are diagnosed with *bipolar disorder*.

1 in 5

people will experience a *mental health condition* in a given year.

1 in 3

young adults will experience an *anxiety disorder*.

4 WAYS TO BREAK MENTAL HEALTH STIGMAS AMONG COLLEGE STUDENTS

Many college students who struggle with mental health issues are also dealing with the stigma that surrounds them, but the reality is that mental health conditions are more common than many people realize.

1

Establish New Educational Platforms Around Mental Health and Illness

Educating students about mental health will benefit those who are afraid to ask for help, and also prepare other students to find assistance for a friend or classmate in need.

2

Increase Access to Mental Health Services

Increasing access to mental health services on college campuses will remind students that there is help available and all they have to do is ask.

3

Work with College Administrators to Change the System

Setting small social goals allows individuals to feel as if they are in control of situations. This helps turn environments that were once unbearable easier to handle.

4

Normalize – Don't Stigmatize

Starting conversations about mental health, people will learn that it's not something rare, it's something that affects countless young adults every day.

Addressing the mental health stigma among young adults is the first step to creating a safer, healthier, and happier environment for every college student.

At Malvern Behavioral Health, we provide focused recovery and compassionate care for individuals struggling with depression and other mood behavioral health disorders.