

The Counseling and Educational Advising Center

exists to assist students become successful in reaching their educational and/or vocational career goals. The SVI Administration, Faculty and Staff work together as a team to assist students. The "Wellness Newsletter" is a communication link between the Counseling and Educational Advising office, students, faculty and staff. It is published once a month.

YOU ARE NOT ALONE

"Many college-age students suffer from anxiety, depression and other mental health concerns. Anxiety is the issue most often mentioned by college students who visited campus mental health services. Students also named depression as one of the top ten impediments to academic performance as well as stress, sleep difficulties, relationship and family difficulties. In the 2006 National College Health Assessment, 43.8% of the 94,806 students surveyed reported they "felt so depressed it was difficult to function" during the past year, and 9.3% said that they had "seriously considered suicide" during the year.

More than 30% of all college freshman report feeling overwhelmed a great deal of the time—college women, even more (about 38%). In 2006, more than 13% of college students reported experiencing an anxiety disorder within the previous year. While anxiety disorders are common for both genders, women are five times as likely to have them. Eating disorders affect 5-10 million women and one million men, with the highest rates occurring in college-age women. Thirteen percent of students reported experiencing an emotionally abusive relationship in the last school year.

If you are experiencing depression, anxiety, mood swings, sleep disturbances, delusions or hallucinations, or if you feel overwhelmed, immobilized, hopeless or irritable, there is treatment that can help. You may also benefit from therapy to address common issues such as body image or low self-esteem, to help with a crisis involving your relationship or family, or if you are in the middle of a transition, such as beginning a new school. Students who seek treatment are not "weak" or "crazy." Therapy is a hopeful and affirming act of caring for yourself."*

*Campus Mental Health Rights, Know Your Rights, Leadership 21, Committee, Washington DC, 2008

