Mental Health in College Students

Black Students:

- 50% received no education on mental health issues prior to college
- Have found a hostile environment, which cause a sense of non-belonging that can result in avoidance, a drop in academic performance and psychological problems.
- Employ even more grit to achieve both in the classroom and outside of it, where they have to overcome stereotype threat and straight-up racism.
- Bear the additional burden of proving their intellectual worth in the face of overt or covert racism. And that takes a toll, both mentally and physically.

Students of Color compared to White Students

- Report higher rates of emotional distress in their freshman year and of keeping their difficulties to themselves
- Have similar rates of mental illnesses, like depression and anxiety
- Demonstrated lower treatment, even after controlling for other variables
- Stigma, reluctance to seek help for mental health needs, and cultural mistrust of mental health professionals are barriers that often lead to suffering in silence

Black Students Experience

John Henryism
A coping strategy often adopted by high-achieving African Americans, who may unconsciously (and increasingly consciously) sacrifice their personal relationships and health to pursue their goals with a tenacity that can be medically and mentally deleterious

Marginalization
The overlooking of achievements by underrepresented students of color

Pioneerism
Being the first member of a minority

"Pet-to-Threat" Syndrome
When a person who is first welcomed as a minority is turned against when he or she becomes a contender for research money or awards.

Tokenism
One person representing an entire group of people in a majority setting
Students reported that anxiety and depression are among the biggest factors that negatively affect their academic performance. Forty-two percent of participants said they had felt so depressed in the past year, it was difficult for them to function.

1 in 4 students reported having suicidal thoughts.

21% of black students with a mental health problem received a diagnosis.

75% of black college students responded that they tend to keep their feelings about the difficulty of college to themselves.

Students that experienced a mental health problem

42% Overall
40% African-Americans
53% Arab/Arab American

Students of color are half as likely to seek counseling services as their white counterparts.

Resources:


College students of color more likely to have unmet mental health needs By: Lipson SK, et al. J Adolesc Health. 2018(September 25, 2018) Retrieved from: https://www.healio.com/psychiatry/practice-management/news/online/%7Bfc95d630-1abe-4593-8a07-ba2b6d6d8b0%7D/college-students-of-color-more-likely-to-have-unmet-mental-health-needs


The Real Reason Record Numbers of College Students Are Seeking Mental Health Treatment By: Samantha Lauriello January 25, 2019 Retrieved from: https://www.health.com/condition/depression/anxiety-depression-college-university-students