



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



Vs.



- 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

"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.

Marginalization

The overlooking of achievements by underrepresented students of color

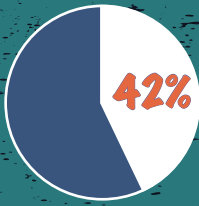
Tokenism

One person representing an entire group of people in a majority setting

Pioneerism

Being the first member of a minority





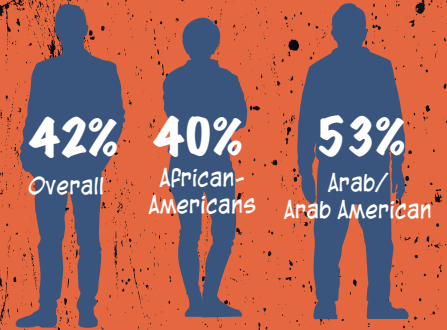
Students reported that anxiety and depression are among the biggest factors that negatively affect their academic performance. Forty-two percent of participants said they had felt so depressed in the past year, it was difficult for them to function.



1 in 4

students reported having suicidal thoughts

Students that experienced a mental health problem



21%

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

Resources:

College Students of Color: Confronting the Complexities of Diversity, Culture, and Mental Health (April 2, 2018) By: Annelle B. Primm Retrieved from: <https://www.higheredtoday.org/2018/04/02/college-students-color-confronting-complexities-diversity-culture-mental-health/>

The Cost of Balancing Academia and Racism By: ADRIENNE GREEN (JAN 21, 2016) Retrieved from: <https://www.theatlantic.com/education/archive/2016/01/balancing-academia-racism/424887/>

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-ba2b6d6bd8b0%7D/college-students-of-color-more-likely-to-have-unmet-mental-health-needs>

Study Warns of Looming Mental Health Crisis for Black College Students By: Lauren Camera, Education Reporter Retrieved from: <https://www.usnews.com/news/articles/2015/12/31/study-warns-of-looming-mental-health-crisis-for-black-college-students>

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>

Black Students and Mental Health: An Emerging, Unseen Crisis By: Ebony O. McGee -August 17, 2016 Retrieved from: <https://www.insightintodiversity.com/black-students-and-mental-health-an-emerging-unseen-crisis/>



MHTTC

Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

