



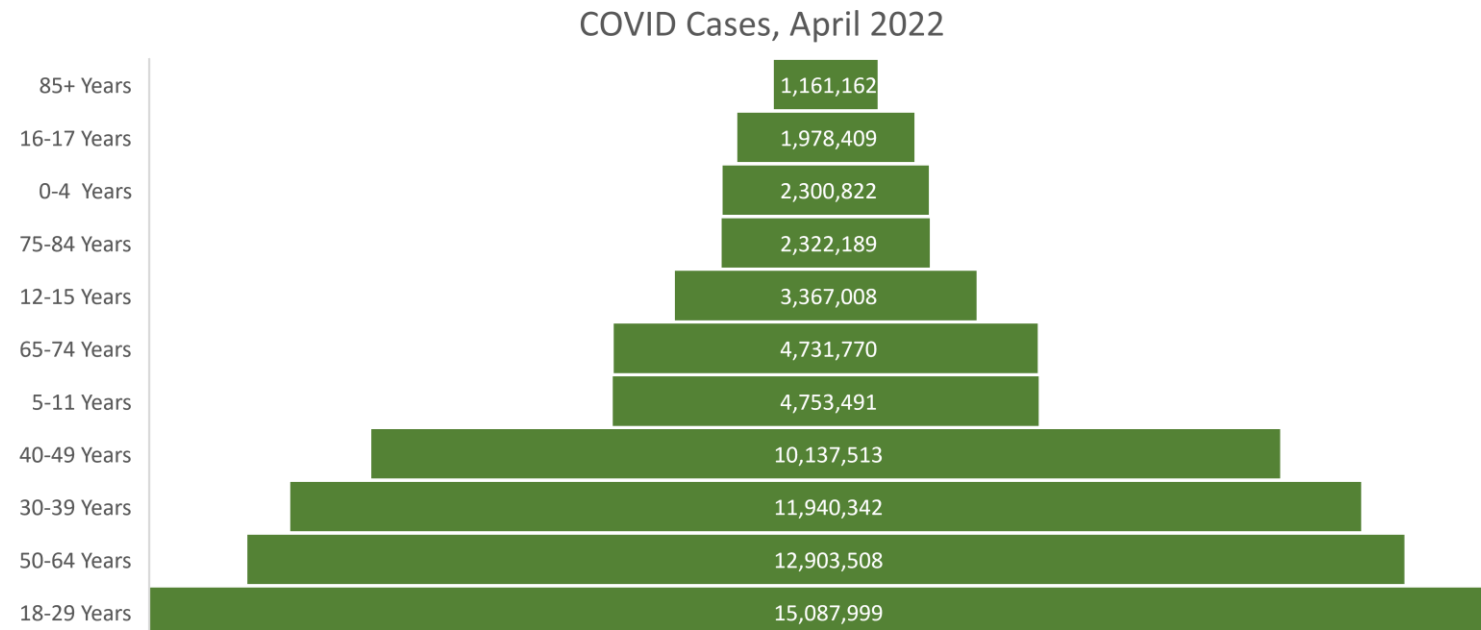
# Mental Health Crisis (2020-2022): A Factbook

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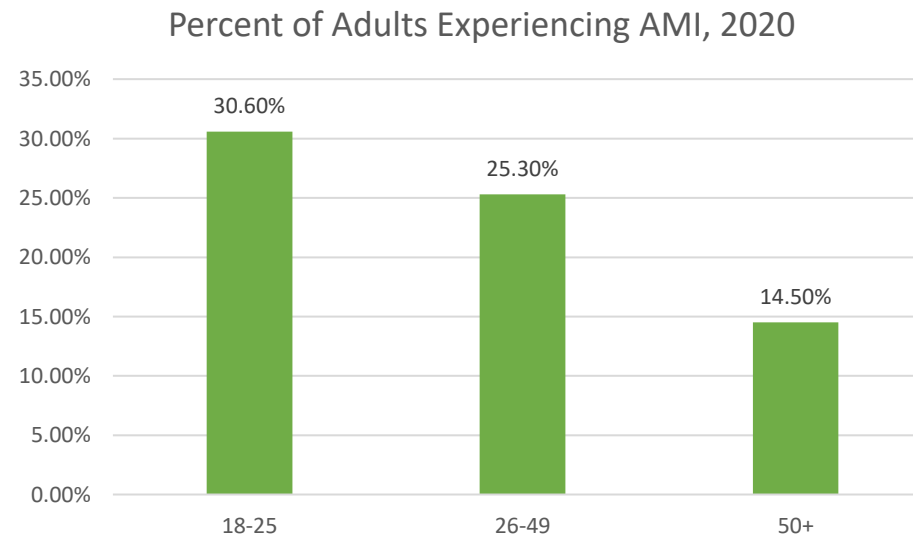
# More than 750 days

have passed since COVID-19 Pandemic shutdowns began in the United States.

Covid continues to negatively impact millions of Americans. Individuals aged 18-29 make up the largest age bracket of current confirmed COVID cases.



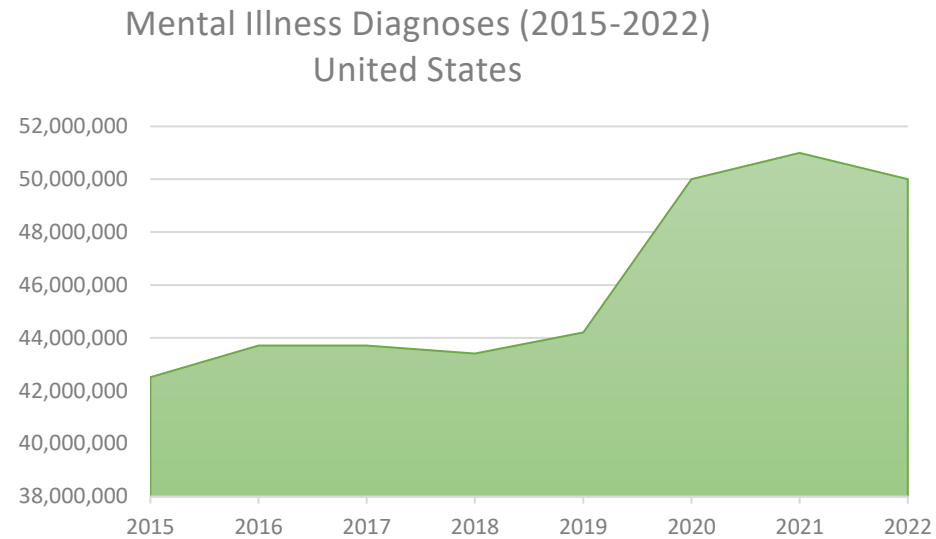
Simultaneously, individuals aged 18-25 have the highest percentage chance of having AMI (any mental illness).



Mental illness diagnoses have increased in each of the 50 states over the last 5 years.

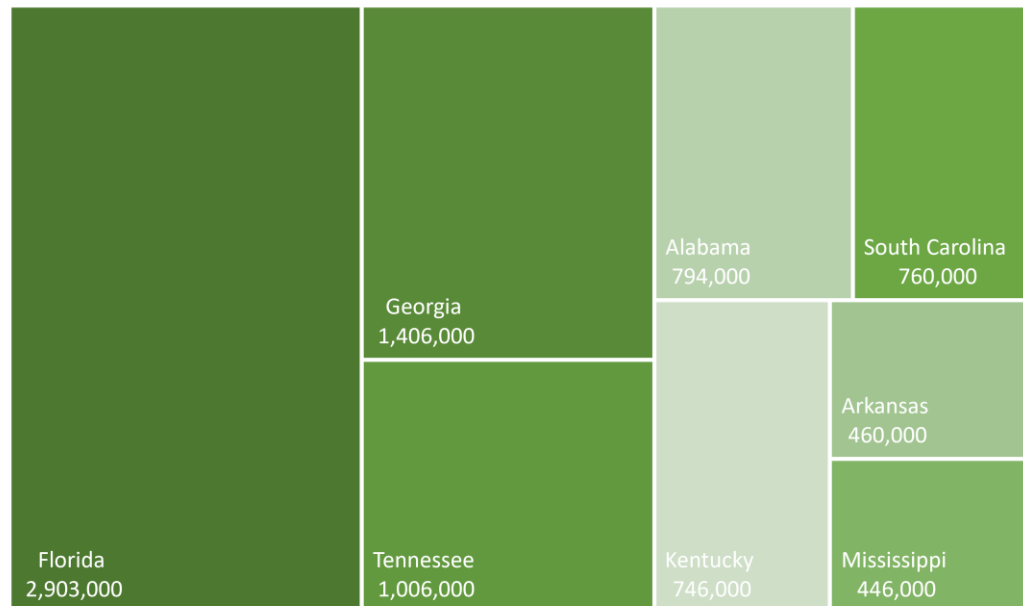
State	2015 Mental Health Illness Diagnoses	2020 Mental Health Illness Diagnoses
Wyoming	85,000	88,000
North Dakota	94,000	116,000
Alaska	94,000	113,000
South Dakota	110,000	112,000
Delaware	133,000	157,000
Montana	157,000	171,000
Hawaii	168,000	185,000
Rhode Island	170,000	187,000
Maine	203,000	223,000
New Hampshire	227,000	221,000
Idaho	243,000	293,000
Nebraska	253,000	257,000
New Mexico	309,000	300,000
Kansas	372,000	442,000
Nevada	387,000	512,000
Mississippi	394,000	446,000
Iowa	402,000	441,000
Arkansas	438,000	457,000
Connecticut	483,000	526,000
Oklahoma	548,000	592,000
Louisiana	634,000	734,000
South Carolina	644,000	760,000
Oregon	666,000	783,000
Alabama	691,000	794,000
Maryland	756,000	781,000
Minnesota	777,000	819,000
Colorado	794,000	924,000
Wisconsin	824,000	904,000
Arizona	925,000	1,099,000
Tennessee	988,000	1,006,000
Massachusetts	1,008,000	1,157,000
Indiana	1,014,000	1,125,000
New Jersey	1,107,000	1,122,000
Virginia	1,203,000	1,199,000
Georgia	1,299,000	1,406,000
Michigan	1,373,000	1,469,000
North Carolina	1,459,000	1,532,000
Illinois	1,570,000	1,858,000
Ohio	1,778,000	2,112,000
Pennsylvania	1,803,000	1,814,000
Florida	2,630,000	2,903,000
New York	2,638,000	2,802,000
Texas	3,127,000	3,602,000
California	4,997,000	5,864,000

More specifically, the United States experienced a drastic increase in mental illness diagnoses over the course of the pandemic.



Georgia ranks amongst the highest in southeastern states in terms of total population with AMI.

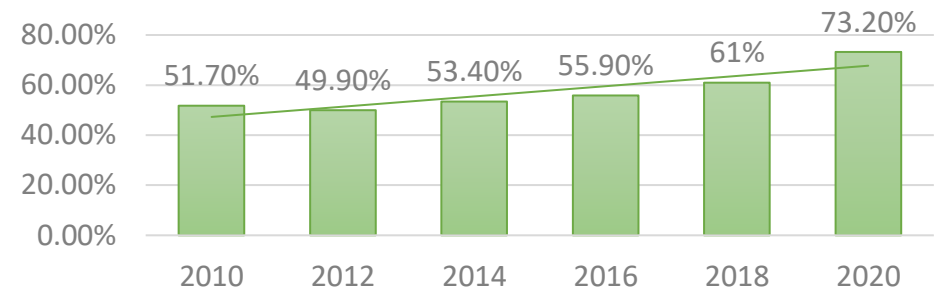
Population Totals of South-Eastern States with Mental Illness, 2020



Kennesaw State Students are no exception to this noted uptrend in mental illness diagnoses.

The number of KSU students experiencing “overwhelming anxiety” has increased by 68% since 2012.

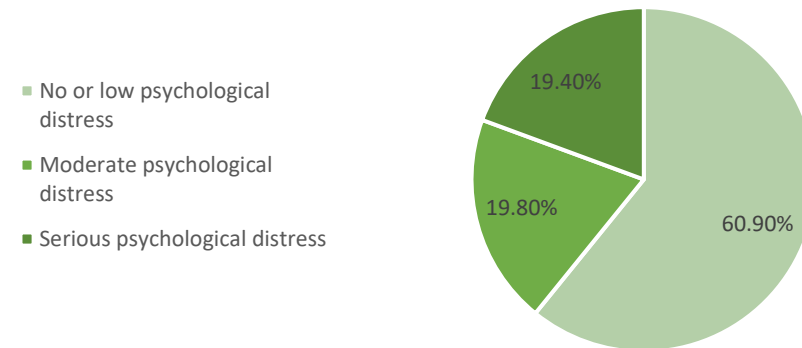
Percentage of Kennesaw State students experiencing "Overwhelming Anxiety" (2010-2020)



In 2020, nearly 40% of KSU students cited experiencing some degree of psychological distress.

19.4% of those students cited experiencing “serious psychological distress.”

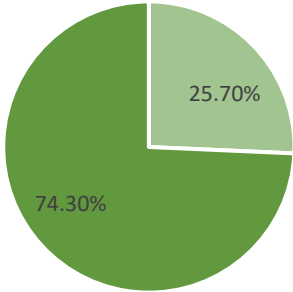
Kessler 6 (K6) Non-Specific Psychological Distress Scores, Kennesaw State Students, 2020





More than 1 in 4 adults with AMI did not receive treatment for their mental illness in 2021.

Population Percentage of Treatment Received for AMI, 2021



■ Adults with AMI not receiving treatment ■ Adults with AMI receiving treatment

Kennesaw State provides up to 16 free counseling sessions each semester (one per week of the semester) to currently enrolled students.

Call 470-578-6600 to make an initial consultation appointment.

### Personal Counseling

We offer short-term, goal focused counseling to currently enrolled students. The first step is to call or email the office to schedule an [initial consultation](#). During that meeting, you and the counselor will discuss specific goals, frequency of sessions and the likely length of treatment taking into account your presenting concerns.

If you and the counselor decide that ongoing individual personal counseling is the best course to address your concerns, a future appointment will be scheduled.

Our services are short-term in nature. Many students only need 2-3 sessions to talk about something specific, while others need more. Students are typically seen biweekly or triweekly. Positive outcomes in counseling are often dependent upon the work a student does in between sessions. We encourage our students to practice the skills that are learned and discussed in counseling during the time in between sessions. Common presenting concerns include:

- Anxiety
- Depression
- Relationship difficulties
- Major/career decision-making difficulties
- Low self-confidence
- Concerns related to sexual orientation and identity
- Excessive concern with eating or body image
- Life-college balance
- Grief and loss
- Relational violence and/or sexual assault
- Hopelessness or suicidal thoughts

*Please note students under the age of 18 will need parental/guardian consent in order to receive counseling services.*

### Eligibility and Charges

Who is eligible to receive counseling?	+
Is there a charge for counseling?	-
No. Services for counseling are free to all currently enrolled students.	
Cancellation and No-Show Policy, will I be charged?	+

## Sources:

[Journal of Medical Internet Research - Effects of COVID-19 on College Students' Mental Health in the United States: Interview Survey Study](#)

[Position Statement 73: College and University Response to Mental Health Crises | Mental Health America](#)

[Colleges Face Urgent Need to Respond to National Mental Health Crisis on Campus - Centenary University™](#)

[2020 Prevalence Data | Mental Health America](#)

[Building Better Systems of Care People with Mental Health Problems | Commonwealth Fund](#)

• [Mental illness in past year U.S. adults by state 2015 | Statista](#)

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<https://counseling.kennesaw.edu/services/index.php>