Supporting Graduate Student Mental Health

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Data
National Mental Health Trends Among College Students

- Anxiety: 63%
- Depression: 47.7%
- General Anxiety: 44.9%
- Stress: 42%
Illinois Mental Health Trends Among Graduate Students

10.2 percent Anxiety
8.6 percent Stress
7.9 percent General Anxiety
7.7 percent Depression
Mental Health & Emotional Wellness Working Group
Major Findings

- Transition to a Centralized Infrastructure
- Create a Strategic Plan
- Faculty & Staff Mental Health Training
Recommended Next Steps

- Identify Campus Community Members
- Develop a Centralized Infrastructure
- Connect and Relate
What We Can Do
Syllabus Statement
Empathy
Campus Support & Resources

- The Counseling Center
- McKinley Mental Health Center
- Disability Resources & Educational Services (DRES)
- Psychological Services Center (PSC)
- Suicide Intervention Team
- Office of the Dean of Students
- Well Track App
- Mindwise Mental Health Screening
Discussion & Questions