DISCUSSION

According to the 2013 Missouri College Student Health Behavior Survey, the rates of overwhelming stress, suicidal thoughts, and seeking help with mental health problems are consistent across the Carnegie classification system. However, where students turn to for help at Doctorate-Granting Universities, Master’s Colleges and Universities, and Baccalaureate Colleges differs.

This above chart reveals that students turn to family and friends and university counseling centers for help, however, students at Master’s College and Universities and Doctorate-Granting Universities are less likely to turn to a religious or spiritual advisor than students at an exclusively Baccalaureate college.

This opposite chart (above, right) reveals that students at Master’s Universities and Doctorate-Granting Universities are less likely to approach faculty/professors, academic advisors and residential life staff with personal concerns.

SUMMARY

Information in this brief can be used to provide better services on each campus. Campuses could devote time to training those to whom their students are most likely to turn to in a time of need. Since many students list “family and friends” as a resource, schools could encourage student to seek help from whoever they are most comfortable with if they have mental health concerns. The Ask. Listen. Refer. online training program is available for free to all students, faculty and staff and can serve as a tool for those who will serve as a resource to others.