



# Supporting Undergraduate College Students

Learn about college students' mental health challenges and how Modern Health can help

# Introduction

For young adults, college can be an exciting yet intimidating first step toward independence and self-sufficiency. As college students work to find their identity and place in the world, they often face academic pressure, financial stress, adjustment difficulties, and other issues that leave them vulnerable to mental health challenges. It's important to understand the factors that may impact you or your dependent's mental health as a college student and how Modern Health can help.



## At-Risk College Students

The [National Alliance on Mental Illness \(NAMI\)](#) estimates that **75% of mental health conditions develop by age 24**, which coincides with the undergraduate college years for many students.

These groups are most at risk:

- **Students from lower-income backgrounds**
- **Women students**
- **LGBTQ+ students**
- **BIPOC students**
- **Students attending community colleges** (ages 18-22)
- **Student athletes, especially in women's sports**
- **Students with chronic illness**
- **Students who are the first in their families to attend college**

## Common College Student Mental Health Concerns

According to the [2022 Healthy Minds Study](#), more than 60% of college students met the criteria for at least one mental health challenge. Students with poor mental health are more likely to have lower GPAs, take longer to complete a degree, or drop out. Here are the most common mental health concerns that impact college students:

- **Emotional concerns** — including anxiety and depression
- **Trauma concerns** — including post-traumatic stress disorder (PTSD)
- **Sleep problems** — including insomnia
- **Eating disorders** and **body image concerns** — including anorexia and bulimia
- **Alcohol and substance use** — particularly heavy drinking and non-prescription use of medication like Adderall or Ritalin
- **Suicide** — the second leading cause of death among college students. **If you or a loved one are in immediate crisis, contact your local crisis resource — in the U.S., you can call 988.**



**Start for free today!**

Scan this QR code. Or go to [my.modernhealth.com](https://my.modernhealth.com)

Questions? [help@modernhealth.com](mailto:help@modernhealth.com)







## Factors Impacting College Students' Mental Health

- **Developmental factors** — most mental health concerns develop between adolescence and young adulthood, making college years a potentially vulnerable time. Notable developmental experiences include:
  - Identity exploration
  - Independence and self-reliance
  - Navigating added responsibilities and different environments
- **Academic stress**
- **Financial difficulties**
- **Loneliness** or **being away from home**
- **Stress from ongoing and future transitions** — college students are frequently transitioning (e.g., moving frequently, starting new classes) as well as feeling pressure related to graduation and transitioning to adulthood
- **Unhealthy social media use and online bullying**
- **Traumatic events, such as assault, sexual assault, or acts of hate and discrimination**
- **Substance use**
- **Lack of sleep**
- **Lack of social skills** or **social isolation**



**Start for free today!**

Scan this QR code. Or go to [my.modernhealth.com](https://my.modernhealth.com)

Questions? [help@modernhealth.com](mailto:help@modernhealth.com)



# How Modern Health Can Support College Students

Modern Health members and eligible dependents over the age of 18 can directly access mental health resources through Modern Health.



## One-On-One Care

Modern Health can match you or your dependent with a certified coach or therapist trained in evidence-based methods to support your unique needs. Sessions are held via the modern health app, which you can access anywhere you have an internet connection. Modern Health's network includes providers who specialize in addressing issues that college students face. Work one-on-one with a provider to:

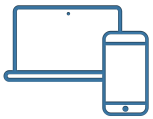
- Prevent or handle academic stress
- Build skills related to academic and professional growth
- Improve coping, emotion regulation, and the ability to manage life transitions
- Receive evidence-based therapy for concerns like anxiety, depression, substance use, and trauma-related concerns



## Circles

Circles are live group sessions led by Modern Health therapists and coaches. You'll walk away from each session with skills to navigate challenges that may impact you at school, at home, or in your relationships. Circles help you proactively improve your mental health, and you have unlimited access to our community and on-demand Circle offerings. Consider trying our [Foundations of Mental Health](#) Circles to build your understanding of skills to take care of your mental health. Check out our [Circles page](#) to sign up for a session!





## Self-Guided Digital Resources

With Modern Health, you have access to digital resources on-demand 24/7 with self-serve care options you can engage with at your own pace. These resources include digital programs, guided meditations, and courses:

- [Managing Stress course](#)
- [Overcoming Imposter Phenomenon meditation](#)
- [Reframe Negative Self-Talk meditation](#)
- [Roadblocks When Asking for Help program](#)
- [Sober Curious? program](#)



**Start for free today!**

Scan this QR code. Or go to [my.modernhealth.com](https://my.modernhealth.com)

Questions? [help@modernhealth.com](mailto:help@modernhealth.com)

