



Associated Students of the UNIVERSITY of MISSOURI

Thirty-nine percent of Missouri college students have considered suicide.

The prevalence of mental health issues is on the rise, negatively impacting the academic careers and aspirations of individuals and Missouri's economic potential. At the same time, resources directed to mental health services on campuses have not kept pace, leading to ballooning wait times, ever-briefer and more reactionary treatment models.

Prevalence: depression, anxiety, panic attacks, and chronic sleep issues (1)

- **One in four** students reported major depression in 2017, up 10 percent since 2011.
- **Nearly half** of students reported anxiety in the last year, up from one-third five years ago.
- The number of students experiencing panic attacks has **doubled** since 2011 (22 percent).
- **Seventeen percent** of students reported chronic sleep issues in the last year.
- Among UM System students, nearly **one-in-ten** reports an eating disorder.

Understanding increasing prevalence

- Destigmatization of acknowledging mental health issues and seeking help
- Early identification and improved treatment enable college attendance
- Pressure to get a degree has increased alongside increasing financial pressure to do so (2,3)

A smart investment: economic gains of addressing mental health issues

- Increased wait times are associated with increasing likelihood of dropping out, leading to reduced retention rates, fewer tuition dollars, and a damaged reputation (4,5,6)
- Failure to support students struggling with mental health issues comes with a hefty price tag for taxpayers. Supporting a student to degree completion saves taxpayers an average of \$109,000 that would otherwise go toward assistance and criminal justice programs. (7)
- A state with a mentally healthy, educated workforce is an attractive place to do business. Fewer companies will have to wrestle with worker absenteeism, often a symptom of mental health issues. The total economic burden of depression is \$210.5 billion per year. (8)

(1) Missouri Assessment of College Health Behaviors 2011-2017 survey data
(2) Georgetown University Public Policy Institute. "Recovery: Job Growth and Education Requirements Through 2020."
(3) LendEDU Student Loan Debt 2016 State-by-State Report
(4) International Association of Counseling Services (IACS) Standards
(5) Eisenberg, Golberstein, and Hunt 2009. "Mental Health and Academic Success in College."
(6) National Alliance for Mental Illness (NAMI) 2012 Students Speak Survey
(7) Carroll and Erkut 2009. "The Benefits to Taxpayers From Increases in Students' Educational Attainment."
(8) American Psychological Association: "Quantifying the Cost of Depression."