



Why on-campus mental health services are **crucial** to student success

THE TAKEAWAY

While it is tempting to say the solution to the current mental health problem on college campuses is to simply rely on resources in the community, these arguments ignore basic realities about the availability of effective and accessible off-campus resources. Moreover, **off-campus referrals are rarely effective** and often hurt minority communities most of all.

#1 They're effective.

71% of students utilizing on-campus counseling services reported that it benefited their academic career (AUCCCD 2015 Report)

#2 Referrals are ineffective at best...

When experiencing a mental health issue, it's already hard enough to get in for an initial visit. So it shouldn't be surprising to learn that 42% of students do not connect to the off-campus resource to which they were referred (MHEC February 2016 Policy Brief)

#3 ...and discriminatory at worst.

For minority students referred to off-campus resources, 57% do not connect with the off-campus resource (MHEC February 2016 Policy Brief)

#4 Community resources are no replacement.

The popular myth is that "the community" can easily absorb whatever college counseling services do. Not true. First, counseling centers are trained so that they can effectively respond to the unique issues of college students. Second, community resources are often understaffed & underfunded, making them no better at getting students in quickly than its on-campus counterpart. And third, counseling services provide training, outreach, and prevention services to university communities that would vanish if outsourced to community resources.