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Fast Facts

Mental Health/Mental Illness

- More than 75% of college students reported feeling “overwhelmed” in 2001, while 22% were sometimes so depressed they couldn’t function. (ACHA, 2001)
- The number of freshman reporting “below average” emotional health has been on the rise since 1985. (UCLA, 2002)
- 10% of college students have been diagnosed with depression. (NMHA, 2001)
- 7% of college students have an anxiety disorder. (NIMH, 2000)
- Approximately 5% of college women have bulimia. (AABA, 2001)

Substance Abuse

- Drinking by college students contributes to an estimated 1,400 student deaths, 500,000 injuries, and 70,000 cases of sexual assault or date rape each year. (NIAAA, 2002)
- More than one-fourth of college students have driven in the past year while under the influence of alcohol. (NIAAA, 2002)
- The most dramatic increase in new users of prescription drugs for non-medical purposes occurs in 12- to 17-year-olds and 18- to 25-year-olds. (NIDA, 2002)
- Mentions of hydrocodone (Vicodin) as a cause for visiting an emergency room increased by 37% among all age groups from 1997 to 1999. (NIDA, 2002)
- Although as many as 8.1 million Americans aged 12 and over have tried Ecstasy, only 1% of American parents believe their children have taken the drug. (PDFA, 2002).

Self-Injury

- It is estimated that over 2 million Americans injure themselves in some way. (S.A.F.E Alternatives, 2002).
- Nearly fifty percent of those who self-injure report physical and or sexual abuse during childhood. (S.A.F.E Alternatives, 2002)
- The majority of people who self-injure are teenagers or young adults, females typically self-injure more than males. (S.A.F.E Alternatives, 2002).

Suicide

- Suicide is the 3rd leading cause of death among young people between the ages of 15 and 24. (CDC, 2002)
- About every 2 hours a person under the age of 25 completes suicide. (AAS, 2002)
- More than 90% of people who commit suicide have a diagnosable mental illness or substance abuse disorder. The number one cause of suicide is depression. (NCSP, 2004)

Sources

AABA: American Anorexia/Bulimia Association

AAS: American Association of Suicidology

ACHA: American College Health Association

CDC: Centers for Disease Control and Prevention

NCSP: National Council for Suicide Prevention

NIAAA: National Institute on Alcohol Abuse and Alcoholism

NIDA: National Institute on Drug Abuse

NIMH: National Institute for Mental Health

NMHA: National Mental Health Association

PDFA: Partnership for Drug-Policy Facts and Alternatives

S.A.F.E Alternatives: Self Abuse Finally Ends

UCLA: University of California, Los Angeles