

COMMON MENTAL HEALTH ISSUES AMONG COLLEGE STUDENTS

- Depression and mood fluctuations
- Anxiety and stress
- Eating disorders, disordered eating and compulsive exercising
- Relationships and social skills
- Relationship abuse and interpersonal violence
- Responsible sexuality
- Drug and substance abuse
- Sexual orientation
- Homesickness
- Confusion about career issues and direction
- Academic concerns and study skills development
- Time management and study skills development
- Anger management
- Acceptance of diversity
- Feelings of isolation and loneliness
- Confronting hate, discrimination and prejudice

REASONS FOR PROMPT REFERRAL

- Talk of suicide or of suicidal thoughts
- Change in appetite or sleep patterns
- Sudden weight loss or weight gain
- Unusual problems with concentration and attention
- Extreme fatigue
- Sudden lack of motivation
- Unusual mood swings
- Irrational outbursts of anger
- Unexplained bouts of crying
- Lack of interest in usual pursuits
- Increased usage of alcohol and other drugs to cope with problems
- Promiscuity or other high-risk behaviors
- Self-injurious behavior
- Unexpected change in level of academic performance
- Any mental health crisis

IMPORTANT PHONE NUMBERS

MUPD	732-571-3472	Substance Awareness	732-263-5804
Off Campus Police	911	Health Services	732-571-3464
Counseling and Psych. Services	732-571-7517	Student Services	732-571-3417
Residence Life	732-571-3465	Judicial Affairs	732-263-5218

Counseling and Psychological Services

Tel. 732-571-7517 Fax 732-923-4758

Email: mucounseling@monmouth.edu

View our site the web at: www.monmouth.edu/counseling