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

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<tr>
<th>Service</th>
<th>Phone Number</th>
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<th>Phone Number</th>
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<tr>
<td>MUPD</td>
<td>732-571-3472</td>
<td>Substance Awareness</td>
<td>732-263-5804</td>
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<td>Off Campus Police</td>
<td>911</td>
<td>Health Services</td>
<td>732-571-3464</td>
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<td>Counseling and Psych. Services</td>
<td>732-571-7517</td>
<td>Student Services</td>
<td>732-571-3417</td>
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<td>Residence Life</td>
<td>732-571-3465</td>
<td>Judicial Affairs</td>
<td>732-263-5218</td>
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Counseling and Psychological Services
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