

# Raising Mental Health Awareness in Higher Education: Emerging Research and Opportunities

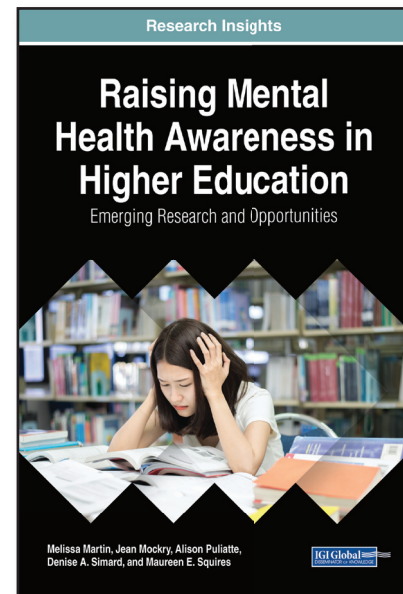
Part of the Advances in Psychology, Mental Health, and Behavioral Studies Book Series

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## Description:

The state of college students' mental health is a growing phenomenon across university campuses. Educators often watch students struggle with academic, social, financial, and familial issues. Over the past decade, these issues have led to an increasing number of students exhibiting behavior related to anxiety, depression, and other mental health disorders.

**Raising Mental Health Awareness in Higher Education: Emerging Research and Opportunities** describes the current state of college students' mental health in the United States, influences that contribute to wavering mental health, factors that promote flourishing mental health, and interventions that support mental health. While highlighting present programs and activities, readers will find new methods that can be implemented to support the needs of college students. This book is an important resource for staff and faculty in postsecondary institutions seeking current research on the growing problem of mental health in higher education.



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## Topics Covered:

- Anxiety
- Campus Initiatives
- Classroom Strategies
- Depression
- Mental Health
- Mental Health Factors

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