

# Etc., Etc., Etc.,

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## More Students Stressed Out, Survey Shows

(CPS) - Significantly larger number of students are seeking counseling for depression, stress, eating disorders and substance abuse at a time when schools are cutting back mental health services, says a University of Florida psychologist.

Eighty-five percent of directors of college counseling centers throughout the nation reported an increase in serious psychological problems among college students in the past 10 years, said James Archer, who has written a new book called "Counseling College Students."

"I'd say it's a significant increase, and it's been steady," said Archer, director of the counseling center at the University of Florida.

The type of disorders treated at the centers ranged from counseling for depression, stress, alcohol and drug addiction to problems stemming from physical, mental and sexual abuse. College students also are susceptible to loneliness, feelings of alienation and pressures to get good grades and jobs.

"It's not as easy as 10 to 15 years ago to get a job with a college degree," he said.

Being away from home, students also may discover for the first time that they have difficulties relating to their peers or professors because they come from abusive families.

Archer said it was difficult to tell whether the disorders are actually increasing or whether students are more willing to seek counseling because such problems are more openly discussed. The result is the same: More students are turning to counseling centers for help.

Unfortunately, most colleges are cutting health services,

including counseling, for lack of funding. In tight budget years, "services to students are cut at a greater rate than academic programs. Counseling and mental treatment centers get cut to a greater degree," Archer said.

That was why Archer said he decided to write the counseling book, which focuses on ways that college faculty and staff can help pinpoint troubled students and talk with them or refer ones with serious problems to professional counselors.

The idea is early detection to prevent despondent students from turning to suicide, alcoholism or drug addiction, Archer said.

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...RECYCLE...

LIVE  
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SO THAT  
OTHERS  
MAY  
SIMPLY  
LIVE!

...CONSUME  
LESS...

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