

# Mental Illness Plagues College Campuses

By: Rachel Milone  
The Voice

There is an epidemic sweeping our nation's college campuses. Being the third leading cause of death in people ages 20-24, everyone must be talking about it, right? Guess again, because the stigma associated with mental illness keeps thousands of people from seeking treatment every year.

- 1 out of every 5 young people suffers from some form of diagnosable mental illness.
- About 19% of young people contemplate or attempt suicide each year.
- Over 66% of young people with a substance use disorder have a co-occurring mental health problem.
- Teens diagnosed with depression are five times more likely to attempt suicide than adults.
- Over 2/3 of young people do not talk about or seek help for mental health problems.
- 44% of American college students reported feeling symptoms of depression.
- From 1980-1986, the suicide rate for African American males ages 15-19 increased more than 100%.
- 4 out of every 5 young people that contemplate or attempt suicide exhibit clear warning signs.
- 80-90% of people that seek the necessary form of mental health treatment can function the way they used to.
- Stereotypes are one of the largest barriers preventing young people from seeking the help they need.
- An estimated 5 million young females suffer from eating disorders each year and eating disorders are the deadliest mental illness claiming more lives than any other illness.

There are many falsehoods and myths surrounding mental illness; such as:

- Myth:** Teenagers don't suffer from "real" mental illnesses — they are just moody.  
**Fact:** One in five teens has some type of mental health problem in a given year.
- Myth:** Talk about suicide is an idle threat that need not be taken seriously.  
**Fact:** Suicide is the third leading cause of death among high school students and the second leading cause of death in college students. Talk about suicide should always be taken seriously.
- Myth:** People who abuse drugs aren't sick they are just weak.  
**Fact:** Over 66% of young people with a substance use disorder have a co-occurring mental health problem, which complicates treatment.

Approximately 26.2 percent of Americans ages 18 and older suffer from a diagnosable mental disorder in a given year. According to the 2004 census report, roughly 57.7 million people. A staggering number given the amount of people undergoing some form of treatment. Compare that to the 31,655 people who died by suicide in 2002 and we are left wondering: Why?

The answer is simply ignorance. With mental health education the stigma of mental disease would disappear. Here are some signs and symptoms to be aware of:

- Finding little or no pleasure in life
- Feeling worthless or extremely guilty
- Crying a lot for no particular reason
- Withdrawing from other people
- Experiencing severe anxiety, panic or fear
- Having very low energy

- Losing interest in hobbies and pleasurable activities
- Having too much energy, having trouble concentrating or following through on plans
- Feeling easily irritated or angry
- Experiencing racing thoughts or agitation
- Hearing voices or seeing images that other people do not experience
- Believing that others are plotting against you
- Wanting to harm yourself or someone else

Stigma goes far beyond the misuse of words and information. It is about disrespect. Stigma is commonly defined as the use of stereotypes and labels when describing someone. Stereotypes are often attached to people who are suffering from a mental illness. The simple fact is that no one fully understands how the brain works and why, at times, it works differently in different people.

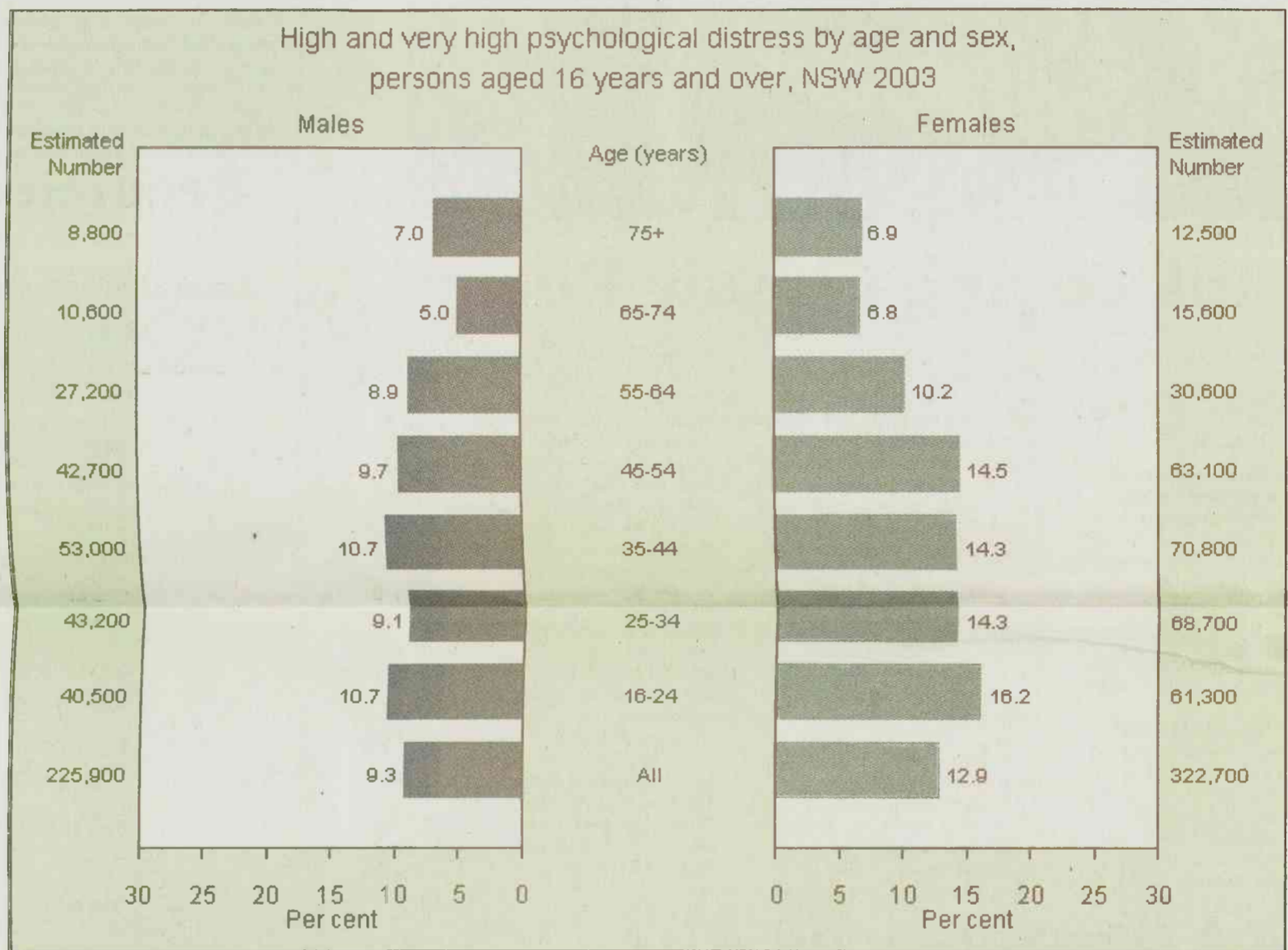
Our society tends to not give the same acceptance to brain disorders as we do to other

organ disorders like heart trouble. The stigma surrounding these misunderstandings can limit opportunities, it can stand in the way of a new job, it can increase feelings of loneliness, and it can cause many other unfortunate outcomes. Stigma must, and can be exposed and overcome. Everyone must know that it is not his or her fault and that it is OK to ask for help.

If you know someone that seems extremely upset, maybe someone who displays extreme mood changes, or maybe even you yourself feel emotionally out of place at times ... the time to act is now. Help, assist, notify, inform and get better. You can contact mental health services here at Fayetteville State, or the National Suicide Prevention Hotline at 1-800-273-8255 (TALK).

All statistics and facts were obtained from, and re-printed with permission of the National Institute of Mental Health.

<http://www.nimh.nih.gov>



## Fee Increases Proposed for 2007-2008 Academic Year

By: Ashley Smith  
The Voice

Fayetteville State University departments are proposing \$187 in fee increases for the 2007-2008 school year, to the FSU Board of Trustees on . The fee increases will go to support a variety of different programs for FSU and increase the number of services the university provides for students.

The tuition increase for in-state students will be \$80, and for out of state students, the increase will be \$526.

There will be a \$38 increase to the Education and technology fee. A portion of the fee increase will go to technology services to help make our university a wireless hub.

Currently only a portion of the campus has wireless network access. Under the fee proposals, the university would be 100% blanketed by wireless signals, allowing students the ability to access the Internet from their personal laptops or wireless devices anywhere on campus.

These services will become increasingly vital if a plan to give all incoming freshmen laptops becomes a reality over the next year or so.

The technology fee will also go towards a 24-hour computer lab for students, which will be placed in the new wing of the Lyons Science building.

The tuition fee increase will go towards strengthening current academic programs, and increasing academic support services.

One of the larger fee increases will be a \$60 increase for Student Affairs. The Student Affairs fee increase is going to be for a variety of student services.

The increase will go towards establishing an office for commuter and non-traditional student services, establishing a student organization fund, expanding the intramural and fitness pro-

gram, increasing funding for fixed cost expenditures, and increasing funding for student activity fee supported clubs, organizations, offices and departments.

"Approximately 80% of the FSU student body is comprised of commuter students," said Student Affairs in their fee increase proposal. "The creation of an Office for Commuter and Non-Traditional Student Services will greatly enhance our ability to meet the needs of this large segment of the student population."

The funds would also be used to support student clubs and organizations on campus. The clubs would be able to apply for funds to be used for organization activities. There is also hope that the fee would go to help increase the budgets of different student fee supported organizations like SGA and the student newspaper, The Voice.

Adding to the student fees buzz are rumors that plans for a new student center might be in the works over the next few years.

Student Affairs has been looking into possible plans to build a new student within the next five to six years.

"We would propose a state of the art facility, to include the latest in technological and media offerings, student Club, and organization space, fitness facilities, food courts and a commuter lounge," said Olivia Chavis, Vice Chancellor for Student Affairs. "But I would want as much in-put from students as possible."

The new student center would be funded in part by student fees, state appropriations, and university self-liquidating projects. Students are reminded that this project is not expected to start for at least five years.

The other fee increase will be for on-campus students that pay for campus housing. The increase will be \$300. It will be used for dormitory improvement projects.

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