

# Take Care:

## Supporting Students through Collaborations with the Campus Counseling Center

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SUNYLA 2020

AKA..

**Why It Is Imperative that  
We Actively Support  
Students' Mental Health  
and How to Get Started**

## One in Three College Freshmen Worldwide Reports Mental Health Disorder

*Students from 19 colleges in eight countries report symptoms consistent with psychological disorder, study says*

## Perfectionism Among Young People Significantly Increased Since 1980s, Study Finds

*Excessive desire to succeed, compete with others may have negative impact on youth psychological health*

## Student mental health in the midst of the COVID-19 pandemic: A call for further research and immediate solutions


Nicholas Grubic , Shaylea Badovinac, Amer M Johri

## Trans Students Often Struggle With Mental Health

Gender-nonconforming students are four times more likely than peers to report mental health issues such as depression and suicide, according to a new study that calls for more campus supports.



## Racial Identity, Self-Esteem, and the Impostor Phenomenon Among African American College Students

**Financial Stress, Social Supports, Gender, and Anxiety During College: A Stress-Buffering Perspective** 

NIMH-Funded National Comorbidity Survey Replication (NCS-R) Study: Mental Illness Exacts Heavy Toll, Beginning in Youth

**1 in 5 youth and young adults experiences a mental health condition**

**75% of all lifetime mental health conditions begin by age 24**

**30% of college students reported feeling so down at some point during the previous year that they found it difficult to function**

(National Alliance on Mental Illness (NAMI) and The Jed Foundation, 2016)

# Where does the library fit in?

Space

Staff

Collection

Comfort

# Collaborate with campus mental health services for mutual support and visibility

- Do you have access to a counseling/health center or social worker?
- Is a liaison relationship possible?
- Start with a conversation!

# Programs and Initiatives: What can this look like?

- Resources
  - Reference support for counselors and their students
  - Reader's Advisory
  - Collection Development
  - Research Guides
- Visibility
  - Book Displays
  - Social Media
- Programs
  - Space facilitation (Let's Talk, National Depression Screening Day, NEDA Awareness Week)
  - Collaborative Events (Play Therapy, Vision Boards, Coffee with a Counselor)

**Through collaboration,  
we can create  
an environment that  
supports the  
mental health  
and well-being  
of our community.**



**Questions? Ideas?  
Let's connect!**

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