

Mental Health Resources Available at Different Colleges

Suffolk

University

VS.

Cazenovia

College

"Mood disturbances represent only some of the prevalent mental health issues experienced by college students. Others include serious problems like suicide, eating disorders, and addiction. Mental health professionals stress the importance of talking about such issues, but students tend to consider these stresses a normal part of college life." - Best Colleges

Our goal was to make a comparison to address the differences in mental health resources offered at a larger, urban school versus a smaller, rural college.



As incoming freshman to Suffolk University we compared our new school to Cazenovia College to narrow our research and see how the care provided to us differs from another college.



Suffolk University has over 9,000 students and is located in the heart of Boston, Massachusetts.



Cazenovia College has under 1,000 students and is located in rural, upstate New York.



The mental health services offered to students include many staff members with different levels of training and experience at Suffolk.



The staff for mental health services at Cazenovia consists of one counselor. She is a licensed mental health counselor and a certified alcohol and substance abuse counselor.

Suffolk also offers different health services to students, such as SUPERS and TAO. The university's website also offers links and resources to learn more about mental health and goes into specific mental health issues, or current events issues that impact one's health.

At Cazenovia College, there is not other counseling outside of the one counselor. The website does not provide information or tools about educating oneself more on mental health.



"The Counseling, Health & Wellness Center is a welcoming and safe place for all Suffolk University students. No matter your background, identity, status, how you worship, or who you love, we are here for you with counseling and medical services as well as wellness education programs." - Suffolk University Website



"The Counseling Center is committed to providing the highest quality of mental health services to Cazenovia College students." - Cazenovia College Website

THE MENTAL HEALTH SERVICES OFFERED AT A LARGER SCHOOL IN A MORE CENTRAL LOCATION PROVIDE MORE FOR THE STUDENTS, AND ARE ABLE TO OFFER MORE DIVERSE CARE.



“Many mental health disorders have an average age of onset in the early twenties. Additionally, major life events can act as a trigger for a disorder if someone has risk factors. Given these two factors, it’s not surprising that mental health disorders often start in college.”
-The Light Program



SMALLER SCHOOLS IN MORE RURAL AREAS ARE UNABLE TO PROVIDE THE VARIETY OF MENTAL HEALTH SERVICES THAT STUDENTS MAY NEED AS THEY GO THROUGH THEIR COLLEGE EXPERIENCE.



THIS IS SIMPLY THE CONCLUSIONS WE CAME TO AFTER THE COMPARISON BETWEEN SUFFOLK UNIVERSITY AND GAZENOVIA COLLEGE. FURTHER RESEARCH INTO THE CARE OFFERED AT OTHER COLLEGES MAY INDICATE CONTRASTING RESULTS, BUT THIS IS WHAT WE LEARNED, AND IT MAKES US FEEL MORE SUPPORTED BY THE VARIOUS PROGRAMS SUFFOLK OFFERS FOR MENTAL HEALTH.

“What is causing the college student mental health crisis? There are multiple factors involved, including pressure to succeed in academics, financial stress, uncertainty about which major or career path to choose, increased social media use, and less stigma around seeking help.”
-The Light Program



“According to 2018 and 2019 student surveys from the American College Health Association (ACHA), about 60% of respondents felt "overwhelming" anxiety, while 40% experienced depression so severe they had difficulty functioning.”
-Best Colleges

“Anxiety is the top presenting concern among college students (41.6 percent), followed by depression (36.4 percent) and relationship problems (35.8 percent).”
-APA