

# MSU Mental Health Fact Sheet

## Counseling & Psychological Services

211 Swingle Hall ■ 994-4531 ■ [www.montana.edu/wwwcc](http://www.montana.edu/wwwcc)



### CPS Data & Statistics, AY 2007-08

Number of students seen in counseling:	<b>865</b>
Those reporting that presenting issues interfered with academics:	69%
Number with current/recent suicidal thoughts:	35%
Percentage with prior counseling:	55%
Percentage on a psychotropic medication:	23%
Percentage of CPS clients who withdrew from MSU:	2.2%
Top Presenting Concerns:	
◆ Anxiety	
◆ Depression	
◆ Relationship/Identity Issues	
◆ Adjustment Issues	
◆ Substance Use/Abuse	
◆ Eating Issues	
◆ Sexual Trauma (recent or past)	

CPS saw 7% of MSU student body

**Counseling & Psychological Services (CPS) provides free and confidential counseling to MSU students. Our staff of licensed psychologists and counselors is also available to consult with faculty/staff who may be concerned about at-risk or distressed students. This fact-sheet is provided so you can better understand mental health trends on campus and have an awareness of the services available for faculty, staff and students.**

### Notable Facts and Figures

#### CPS provided:

- ◆ direct clinical services to 865 students
- ◆ informational seminars to 1,651 students, faculty and staff (+500 from last year)
- ◆ over 100 hours of crisis response, consultation, and threat assessment
- ◆ training & consultation to 484 faculty, staff and paraprofessionals (+50% from last year)
- ◆ training & supervision to 2 MSU graduate students and 3 pre-doctoral interns in our APA-accredited internship program
- ◆ increased outreach to International Students, men, and student Veterans

#### CPS staff:

- ◆ taught 12 credit hours in the HHD Department
- ◆ served as advisors for 3 student groups
- ◆ participated in MSU community service and served on campus-wide committees

### What Our Clients Said About Us

- 99% said it was important for MSU to provide CPS services
- 94% felt their counselor was competent/helpful
- 96% would refer a friend to CPS
- 10% felt better after just 1-2 sessions
- 38% felt better in 5 sessions or less
- 96% of those respondents who attended an informational seminar felt it enhanced their personal, professional, academic or career development

The CPS staff-to-student ratio is 1:2212. The International Association of Counseling Centers recommends 1:1500.

