

MSU Mental Health Fact Sheet

Counseling & Psychological Services 211 Swingle Hall ♦ 994-4531



CPS Statistics and Data AY2006-07

Number of students seen for counseling: **851**

Those who reported their problems disrupted academics: **72%**

Number with current or past Suicidal Ideation: **35%**

Percentage who had prior counseling: **57%**

Percentage on a psychotropic medication: **27%**

Top Presenting Concerns:

- Depression
- Anxiety
- Relationship Issues
- Adjustment & Identity Concerns
- Substance Abuse
- Eating Concerns
- Post-Traumatic Stress Disorder

Average GPA: **3.2**

Mean hours worked/week: **21**

Percentage of CPS clients who withdrew from MSU: **2.9%**

Our Services

Counseling & Psychological Service (CPS) provides free and confidential counseling to students for a variety of concerns. Our staff of licensed psychologists & counselors is also available to faculty/staff to consult about at-risk or distressed students.

This fact sheet is provided so you can understand mental health trends on campus, become aware of our services, and learn about referral options for MSU students.



What Our Clients Said About Us

Of those who had an opinion:

94% were **satisfied** with their counseling experience

90% reported **improvement** since beginning counseling

78% felt counseling was helping improve **academic** performance

77% said counseling was helping them to **stay in school**

95% said their counselor was **competent** and helpful

93% said they would **refer** a friend to CPS

98% said it's **important** for MSU to provide counseling services

Notable Facts for AY 2006-07

- ♦ CPS provided direct counseling services to 851 students
- ♦ CPS saw 7% of the student body in counseling; the national average for college counseling centers is typically 4.5%
- ♦ CPS provided over 100 hours of crisis response, assessment and debriefing to 189 students, faculty and staff.
- ♦ CPS provided over 200 hours of educational seminars and lectures to 1,132 individuals
- ♦ CPS provided training to 225 faculty, staff and paraprofessionals
- ♦ CPS trained and supervised 6 MSU graduate students and post-graduate alumni seeking professional licensure
- ♦ CPS staff taught 16 credit hours in the HHD & Honors Departments
- ♦ CPS staff served as an advisor for 4 student activities
- ♦ CPS is accredited by the International Association of Counseling Services, and its Predoctoral Internship program is fully accredited by the American Psychological Association
- ♦ CPS participated in Relay for Life, raising over \$500



