



**COLLEGE
STUDENT
MENTAL HEALTH
AND WELLNESS**

COPING ON CAMPUS

JEFFREY A. HAYES

COLLEGE STUDENT MENTAL HEALTH AND WELLNESS

Drawing on recent mental health data collected from over two million college students, as well as decades of well-established scholarship in diverse disciplines, Dr. Hayes deepens our understanding of college student mental health, the well-documented increase in psychological distress on our campuses, and factors associated with both distress and well-being. The author is widely published in the field of mental health and psychotherapy and has taught and provided psychotherapy to adults and college students for over 30 years. This book will benefit faculty members, college mental health clinicians, supervisors, trainees and student affairs professionals who seek to understand and meet the needs of a diverse college student population navigating an increasingly complex world.

—*Juan R. Riker*, Training Director and Psychologist,
Counseling and Psychological Services, University of
California, Santa Barbara, USA

Drawing from his breadth of experiences in research and practice, Dr. Hayes delivers a critical update on the state of collegiate mental health and the unique challenges encountered by college students that impact their psychological well-being. This book is an essential resource for any clinician, practitioner, administrator, professional, or concerned other who directly works with college students.

—*Brett E. Scofield*, Ph.D., Executive Director, The
Center for Collegiate Mental Health (CCMH), Penn
State University – University Park, USA

This book is a clear and comprehensive summary of the state of mental health in college student populations. It is an excellent introduction to the topic for anyone who works with college students or for students themselves who want to reflect

on their own mental health. The book goes beyond the simple headline that students are struggling; it reviews not only the challenges, such as anxiety and suicide, but also the many strengths and opportunities that support positive mental health. Professor Hayes is a leading teacher and researcher for this topic, and his plain-spoken and rigorous style makes for an enriching and engaging reading experience.

—*Daniel Eisenberg*, Professor of Health Policy
and Management, UCLA Fielding School of
Public Health, USA

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BY

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INVESTOR IN PEOPLE

This book is dedicated, with deep love and appreciation, to my wife, Dr Janet McCracken. You have provided unwavering encouragement, love and support throughout my career, and the time while I was writing this book was no exception. You have been both a fulcrum and an anchor for my own wellbeing, ever since you proposed to me, and probably beforehand. Your commitment to your own exercise and sleeping and eating and meditating and friendships and family and spiritual searching and our marriage reminds me of what is important in this life, and what is possible through and beyond it. "Should I fall behind, wait for me." "We'll make it through. We always do."

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