



## Annual Report Shows National and International College Mental Health Trends

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[Penn State News](#) [1]

A new [report](#) [2] summarizes college mental health trends in the U.S. and around the world. Released by the Center for Collegiate Mental Health (CCMH), the annual report presents data from the 2018-2019 academic year and compares it to previous data. Researchers found that rates of non-suicidal self-injury, serious suicidal thoughts, and suicide attempts among college students seeking mental health treatment increased in the past nine years. Rates of anxiety and depression also increased in that period, but growth slowed in the past year. The report also showed that the rate of students who said they had received counseling went up in the past four years. "The 2019 annual report shows that colleges and universities are continuing to succeed in identifying and referring at-risk students to counseling centers," said CCMH Executive Director Ben Locke.

**Spark Extra!** Check out our [virtual learning lab for campus suicide prevention](#) [3].

### Links within this resource

[1] <https://news.psu.edu/story/603647/2020/01/14/research/annual-report-shows-national-and-international-college-mental>

[2] <https://ccmh.psu.edu/files/2020/01/2019-CCMH-Annual-Report.pdf>

[3] <http://www.sprc.org/virtualllearninglab/virtual-learning-lab-campus-suicide-prevention>

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