The problem of college students with mental health issues is growing more and more acute, according to an in-depth analysis of the issue at hand. While there has long been a major societal silence surrounding mental health issues on campuses, a number of recent high-profile incidents have highlighted the need for more attention to be paid to this critical issue. Among these incidents are the 2007 Virginia Tech massacre and the 2018 Florida school shooting, both of which resulted in the deaths of numerous students and faculty members. These tragic events have served to bring the issue of mental health on college campuses into the spotlight, and have prompted a growing number of experts to call for action.

At the forefront of this call for action is a report recently released by the National Council on Disability (NCD), an independent federal agency headquartered in Washington, D.C., which has just released a report titled “Mental Health on College Campuses: A Call to Action.” The report, which is based on extensive research and analysis, highlights the urgent need for colleges and universities to take action to address the mental health needs of their students.

The report points to a number of key findings, including the fact that the percentage of college students seeking treatment for mental health issues has been on the rise in recent years. In fact, the report notes that the percentage of college students seeking treatment for mental health issues has more than doubled in the past decade, from 10.5% in 2008 to 21.6% in 2016. This trend is particularly concerning, given the fact that many students who need mental health services are not seeking them, often due to a lack of awareness or stigma.

The report also highlights the fact that many campuses are not responding adequately to the mental health needs of their students. For example, the report notes that only 46% of campuses have full-time mental health professionals on staff, and that fewer than half of campuses provide on-campus mental health services.

In light of these findings, the NCD report calls for a range of actions to be taken by campuses, including increasing funding for mental health services, improving training for mental health providers, and creating more inclusive and supportive campus environments. The report also recommends that campuses work with local community partners to provide additional support services, such as counseling and crisis intervention.

In conclusion, the NCD report provides a powerful call to action for colleges and universities across the country. As the report notes, “The time for action is now. The lives of our students are at stake.” It is up to each campus to take the necessary steps to ensure that all students have access to the mental health services they need, and that they feel supported and valued as members of the campus community.