

THE PATH TO TREATMENT

RECOGNIZING & IDENTIFYING SYMPTOMS

Most common mental illnesses in college:

- Depression
- Anxiety
- Addiction
- Eating disorders



1 in 4 students have a diagnosable illness



40 % don't seek treatment



80% feel overwhelmed by their responsibilities



50% have struggled in school due to anxiety

[read the full article here](#)

TREATMENTS AVAILABLE

ASU Counseling Services

Free first counseling session

Appointment available for in-person or over the phone

Multiple group counseling sessions throughout the week

Crisis services through the counseling center or calling

EMPACT's 24hr ASU dedicated crisis line: 480 921 1006

Off campus options

Suicide prevention & crisis hot-line: 1 800 273 8255

Maricopa County crisis response network: 1 800 631 1314

National Institute on Mental Illness, Valley of the Suns: 602 244 8166

Payment Options

ASU health insurance,

ASU bridge plan, or

pay-per-session

ASU Counseling

OUTCOME

Director of counseling at ASU,
Aaron Krasnow:

The average amount of times a student comes into the center is 4.5

The counseling center has had no waiting list since 2007 and has no session limits

ASU counseling center sends out surveys to all clients in their system

Students who go through ASU's counseling services are generally seen by psychiatrists more quickly than those outside the system (sometimes 1 week vs 3-6 months wait time)