

# Utilization of Mental Health Services among College Students

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Body

## Abstract

The objective of this research was to examine utilization of mental health services among college students and how stress impacts it. While mental health issues continue to increase within the college student population, utilization of mental health treatment and services is not as high as it should be. The strategies to address the low prevalence of treatment need to be exponentially higher, intentional and more responsive. There is almost a negative correlation between stressors in college students and the services used to seek support for them. In addition, I did my own research survey to examine how students from various colleges within USF have been responding to stress during COVID-19. The purpose was also to observe any stressors that COVID-19 might have caused in any way as well as the steps being taken to manage the stress.

## Introduction

## Method

## References