Mental health has become a major “elephant in the room” for administrators at colleges and universities. According to some surveys, when college students are asked about the top impediments for good academic performance, they most often cite stress, sleep disorders, relationship problems, drug and alcohol use, and mental health issues. And these seem to be on common note, but also on campuses where a large percentage of students seeking advice at college counseling centers are already on some form of medication. This is compared with just 16 percent 20 years ago.

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