Abstract

Mental health has been a relatively new researched area of science but is a hot button topic in today’s society, especially on college campuses. Conversation has increased about how universities are providing mental health services and whether those services are benefiting students. Current research has produced large amounts of data and statistics on this topic, but lack concrete evidence regarding effectiveness of mental health programming and services. A research study completed at Ball State University looks to fill this gap and look at what procedures best assess effectiveness in addition to looking at overall satisfaction with current resources. This study analyzes data collected looking at mental adversity faced by college students, the services provided to help students overcome adversity, and how beneficial these services are for the student body.

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