Mental health in college students has been an issue that has become much more prevalent in recent years. The stigma that is attached to the term mental illness has slowly become less negative but that doesn’t mean people are okay with mental illness. It is seen as a disease when it isn’t. It is just like any other medical issue. It can be improved by therapy and medication. Mental illness tends to become recognizable when people are between the ages of 18-22. At that age, people are typically also experiencing their first chance at independence, going off to college and going through the process of identity formation. With these new life changes, mental illness can act as an additional -- and dangerous -- complication. In addition, being in the LGBTQ+ community as a freshman college student comes with its own difficulties and battles. This thesis will look at college freshmen’s mental health, LGBTQ+ students and the intersection between the two.