**Sauk Valley Community College**

**April 22, 2019**

**Agenda Item 6.1.3**

**Topic: Counseling and Food Insecurity**

**College Health Metric 2 – The College provides quality, supportive services to students.**

**Presented By: Dr. David Hellmich and Dr. Steve Nunez**

**Presentation:**

Sauk is committed to providing no-cost clinical mental health counseling, emergency crisis counseling, and community resource referrals for students on a temporary basis. According to research by the Wisconsin Hope Lab, nearly half of community college students show symptoms related to one or more mental health conditions with depression and anxiety being most prevalent. Consistent with the national data, the majority of students who are referred to Sauk counseling services are diagnosed with depression and/or anxiety while others may be diagnosed with PTSD, social anxiety, eating disorders, substance use disorders, schizophrenia, borderline personality disorder, and dissociative identity disorder. Additionally, students encountering food insecurity are at a significantly higher risk of suffering mental health challenges, particularly anxiety and depression.