

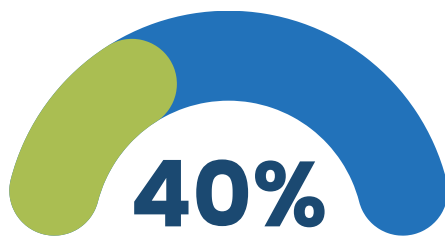


# Substance Abuse and Mental Health in College Students

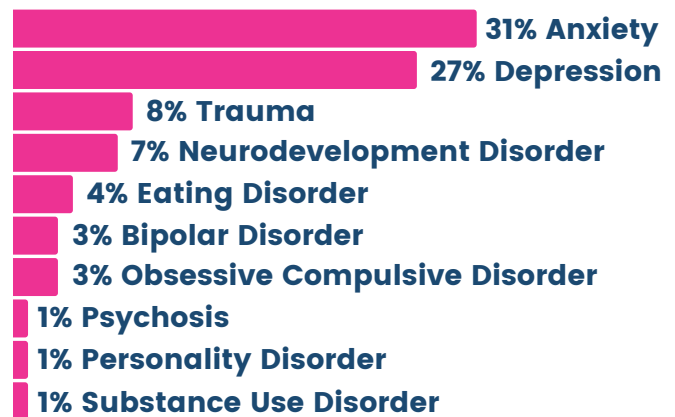
College students often turn to drugs and alcohol to relieve symptoms of depression or anxiety.<sup>1</sup>

## Signs of substance abuse in college students:<sup>2</sup>

- Skipping classes, declining academic performance, or dropping out
- Poor personal appearance
- Avoiding friends or family
- No longer participating in activities they once enjoyed
- Lying about drug or alcohol use
- Spending a lot of time using and recovering from the effects of drugs or drinking
- Needing to drink or use drugs to relax or have a good time
- Mood changes
- Physical or mental problems
- Withdrawal symptoms
- Continuing substance use despite the negative consequences
- Legal troubles
- Using substances in hazardous situations
- Risky behavior while high or drunk



of college students have been diagnosed with a mental health disorder<sup>3</sup>



## Causes of substance abuse in college students:<sup>4</sup>

- Peer pressure
- Social anxiety
- Greek life
- Curiosity
- Mental health issues
- Academic achievement



Alcohol consumption can affect students' mental health. Alcohol misuse is associated with an increase in depressive symptoms, attempted suicide, self-harm behaviors, and aggression in college students.<sup>5</sup>

**Around 13% of full-time college students ages 18 to 22 meet the criteria for past-year alcohol use disorder (AUD)<sup>6</sup>**

