

(ANC)

MENTAL HEALTH HAS BEEN EMPHASIZED ON COLLEGE CAMPUSES RECENTLY, WITH MORE AND MORE STUDENTS ASKING FOR HELP. BUT JUST WHAT EXACTLY DO STUDENTS WHO DEAL WITH ANXIETY GO THROUGH? MAX CHADWICK TELLS US.

(Track 1)

NAT SOUND OF A CROWDED ROOM

ANXIETY. ITS SYMPTOMS INCLUDE STRESS THAT'S OUT OF PROPORTION TO THE IMPACT OF THE EVENT, INABILITY TO SET ASIDE A WORRY, AND RESTLESSNESS. ACCORDING TO THE ANXIETY AND DEPRESSION ASSOCIATION OF AMERICA, 40 MILLION AMERICANS SUFFER FROM IT EVERY YEAR.

NOW IMAGINE HAVING ANXIETY DURING ONE OF THE MOST STRESSFUL TIMES IN A PERSON'S LIFE... COLLEGE. WHAT ARE YOU GOING TO STUDY? HOW WILL YOU BALANCE GRADES, A SOCIAL LIFE, SLEEP AND MAKING MONEY? HOW WILL YOU DEAL WITH BEING AWAY FROM HOME FOR THE FIRST TIME? EVERY COLLEGE STUDENT IS NERVOUS FOR HOW THEY WILL ANSWER THOSE QUESTIONS. BUT FOR THE 25 PERCENT OF STUDENTS WHO SUFFER FROM ANXIETY, THEY FEEL AS IF THEY HAVE THE WEIGHT OF THE WORLD ON THEIR SHOULDERS. ONE OF THOSE 25 PERCENT IS SU SOPHOMORE SARAH BUTTS WHO DESCRIBES THE TERRIFYING EXPERIENCE OF A PANIC ATTACK.

[TAKE SOT

DURATION:0'17"]

<<"You can't think. All you think is that you're dying, that the world is ending and that you need to get out of wherever you are because your life is going to end, even if it's not. I could be sitting in a dining hall... it's happened sitting in a dining hall with my best friends who I've known since the first day of freshman year. It's so scary.">

(Track 2)

SYRACUSE UNIVERSITY'S DIRECTOR OF PSYCHOLOGICAL SERVICES CENTER
AFTON KAPUSCINSKI EXPLAINS SOME OF THE BIGGEST ISSUES STUDENTS WITH
ANXIETY MUST DEAL WITH IN COLLEGE.

[TAKE SOT

DURATION:0'26"]

<<"College students are at a unique stage of life where they're trying to figure out who they are, their identity, whether that be culturally or in terms of their future goals. They're also trying to navigate adult friendships and romantic relationships, many times for the first time. So I think all of that are reasons why college life can be tough for some students.">

(Track 3)

KAPUSCINSKI SAYS THE DEMAND FOR MENTAL HEALTH SERVICES HAS RISEN
DRAMATICALLY IN RECENT YEARS.

[TAKE SOT

DURATION:0'15"]

<"Mental health services on campus is now the dining services or gyms of the past. It's considered a vital service that has to be there and I think that's a good thing. But part of that need is the severity of the problems that students are coming to college with.">

(Track 4)

BUTTS ECHOES KAPUSCINSKI IN HOW CRITICAL MENTAL HEALTH AWARENESS IS, ESPECIALLY ON COLLEGE CAMPUSES.

[TAKE SOT

DURATION:0'12"]

<"It is so astronomically important. Mental health and physical health are equally important just on different scales. If you're not mentally healthy your physical health is going to suffer and vice versa.">

(Track 5)

SOMETHING BUTTS WOULD IMPROVE IS HOW ACCESSIBLE THE COUNSELING CENTER IS.

[TAKE SOT

DURATION:0'23"]

<"I know friends both at Syracuse University and other places who have complained about the fact that it is so hard to get an appointment with a counselor unless you say you are suicidal or have attempted suicide. If you just want to talk to someone it's just so hard to get that appointment because the need far outweighs the resources that they have.">

(Track 6)

ONE THING THAT BUTTS WOULD LIKE IS TO FEEL LIKE SHE DOESN'T NEED TO HIDE HER ANXIETY.

[TAKE SOT

DURATION:0'20"]

<"I don't tell people I go to therapy every single week I say I have a doctor's appointment. I'm just so afraid if I tell people I'm going to therapy every week they're going to see me differently and I don't want that and I would love to reduce that stigma in college because it's something that allows me to function well in college and be here. And I deserve to be here even though I need this support.">

(Track 7)

I'M MAX CHADWICK REPORTING IN SYRACUSE, NEW YORK.