



Mental Health Care in the College Community

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Mental health concerns are the most serious and prevalent health problems among students in higher education. Increasingly effective psychopharmacological and psychotherapeutic treatments have facilitated matriculation for students with histories of anxiety, mood, personality, eating and substance abuse disorders. This phenomenon has been accompanied by a striking increase in the number of previously undiagnosed students requesting treatment. College and university mental health programs struggle to care for larger numbers of students, necessitating greater interdisciplinary collaboration in treatment, research, outreach, and educational services.

This book fills an important gap in the literature and provides a comprehensive resource for nearly every aspect of college mental health. It includes a strong emphasis on the training and education of graduate and professional students for future work in this field. Chapters are devoted to the significant ethical and legal issues related to treatment and associated administrative and policy challenges. Scholarly chapters on the promise of community mental health and public health approaches are especially innovative. There is also a chapter on international issues in college mental health which will be helpful to those students studying abroad. *Mental Health Care in the College Community* is written by acknowledged experts from mental health, college and university administration, legal and educational disciplines, all with extensive administrative and clinical experience in higher education settings. This book is clearly written and well illustrated with abundant tables, charts, and figures.

This text will become essential reading for college mental health clinicians, graduate students in the mental health disciplines (psychiatry, psychology, counselling, nursing, and social work), student affairs deans and their staff, and even presidents or provosts of universities and colleges.



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