

Proposal  
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**Abstract:** This presentation is the result of a study done at a mid-sized American University which looked at the student population's awareness and utilization of university provided mental health resources. Around 17% of 18-24-year olds in the United States currently attending a college or university suffer serious psychological issues. College campuses throughout the United States provide some level of mental health resources to their students, be it in the form of face-to-face counseling or through the campus clinic. Despite this ease of access, over 30% of college students with mental health issues do not seek treatment, limiting their ability to succeed during their time of higher education. Numerous barriers prevent students from seeking treatment including self-perceived stigma and public stigma. Awareness of resources within a university setting is also a huge barrier to help-seeking for mental health issues. The main research objectives of this project include investigating awareness university students have of provided mental health resources within their campus community and evaluating any significant correlation between demographics, awareness and utilization of those resources. The study was completed using a survey with multiple choice, true/false and free response questions. Data was analyzed for any significant correlations and the results were discussed. The results of the study provide a groundwork for future research despite a few significant limitations.