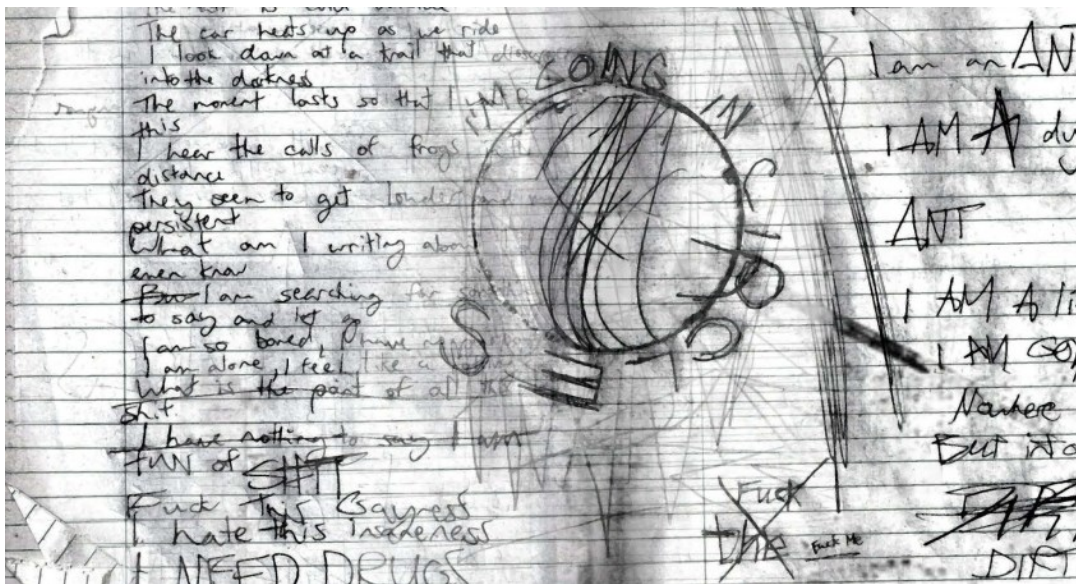




Going in circles: a mental health crisis on campus

Aired Friday May 05, 2017 on CBC Radio

For those who missed it you can listen to the full episode by clicking on the link below:



<http://www.cbc.ca/.../going-in-circles-a-mental-health-crisis>

This story tackles the mental health crisis on campus. A shocking 25 percent of students are living with mental illness right now. It's in these years, late teens to early twenties, that psychiatric disorders are most likely to appear.

"I think that's one of the hardest things I've ever had to deal with, is losing a grip on stability and reality, and publicly, people seeing it. There's so much shame involved with that, you feel so much stigma."

Going to college or university has never been easy. People move out on their own, struggle with social acceptance, experiment with drugs and alcohol, and deal with mounting academic workloads. The pressures that come with so many new responsibilities, away from home, can be a breaking point for many.