



A YEAR IN REVIEW

AUGUST 1, 2018 - JUNE 31, 2019

MISSION: To enhance the healthy development of our diverse Grand Valley State University community through prevention and education, psychological services, and consultation.



**NUMBER OF GVSU
STUDENTS SEEN**
2,314



881
**MENTAL HEALTH
CONSULTATIONS**

350 
**CLIENTS IN
GROUP
THERAPY**

TOP PRESENTING CONCERNS



Anxiety and
related
disorders



Depression and
mood-related
disorders



Trauma
(including abuse
and assault)



Interpersonal/
Relationship



Career and
academic issues



11,039
**APPOINTMENTS
TOTAL**

1,919
GROUP

465
CRISIS

8,655
INDIVIDUAL



**NUMBER OF
MENTAL
HEALTH
WELLNESS
PROGRAMS**
633



511
**DEPRESSION,
EATING DISORDER,
AND ALCOHOL
SCREENINGS**



672
**SUICIDE
PREVENTION
GATEKEEPERS
TRAINED**