



# 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 CONCERN



Anxiety and related disorders



Depression and mood-related disorders



Trauma (including abuse and assault)



Interpersonal/Relationship



Career and academic issues



**11,039**  
APPOINTMENTS  
TOTAL

**465**  
CRISIS

**8,655**  
INDIVIDUAL



**NUMBER OF  
MENTAL  
HEALTH  
WELLNESS  
PROGRAMS  
633**

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



**672**  
SUICIDE  
PREVENTION  
GATEKEEPERS  
TRAINED