

CDC Studies Show elevated Mental Health conditions associated with Covid-19.

By: Ashley Glasper

The Centers for Disease Control and Protection (CDC) reported on June 24 that due to Covid-19 young adults have been experiencing considerably elevated mental health conditions. Studies show these young adults having experienced “disproportionately worse mental health outcomes increased substance abuse and elevated suicidal ideation.

The CDC is suggesting the public health should increase intervention and prevention efforts, that prioritize young adults.

Reports also, show that during the months of April-June they symptoms of anxiety disorder and depressive disorder increased in the U.S. due to Covid-19.

“I honestly think schools should just shut down,” said Talia Parker, a junior at Oakland University “The stress levels of not knowing every time I go to campus is exhausting.” Parker also deals with asthma and has a daily fear of going to the campus during Covid-19.

Oakland University (OU) in Rochester, Mich., has been putting up weekly responses in the matter of Covid-19 to keep students updated as school progress as well as when new things about Covid-19 are discovered.

OU has also released an online magazine called “Covid-19 Response” that is stories that student and those alike shares that proves that “while times continue to change, the OU community will remain Oakland Strong.”

OU also has the Graham Health Center (GHC), that offers student’s counseling during the time of the Covid-19 pandemic. The center offers tips on how to keep yourself healthy during this time as well as mental health support from physician’s assistants and nurse practitioners. The hours for the center are 8 am - 5 pm Monday through Friday (closed from 12:30 pm - 1:30 pm).

The GHC also offers Covid-19 testing for OU students and antibody testing for a small fee of \$50. Students must make appointments to receive these testing.

OU also suggest students do a screening online before coming to campus to keep numbers of Covid-19 numbers down on campus.

Although OU does offer Mental Health support, students such as Parker will not be able to benefit from it due to the fear of coming on campus. “Due to it being multiple people in one area, I’d rather stay as far from campus as I can and deal with the stress myself” ... “I’m skeptical of the people who don’t care about the pandemic that would attend those events,” said Parker, after being made aware of the support groups, OU has to offer during the pandemic.

Another issue that students are facing that are heightening stress levels is enrollment. Due to Covid-19 shutting down jobs students who get college reimbursement from their jobs are no longer able to access those funds.

“Students can’t enroll, because they are waiting on layoff schedules which determines if they get school funding or not,” said Kimberly Hoagland, Lead Enrollment Counselor, of Colorado State University.

Hoagland stated that due to the pandemic, her entire management staff over enrollment was laid off due to Covid-19, which resulted in enrollment statuses declining rapidly.

Brandon Figurski, Bachelor of Science in Business Administrations stated that he’s actually glad he’s finished with school. He attended Wayne State University in Detroit, Mich., and used many activities that the school offered to help cope with the stress of college and stated that if he was in school at this time during the pandemic, he would not have been able to handle the stress of being a student in quarantine.

To follow-up with Covid-19 related updates information will be posted under the Oakland University Covid-19 informational tab on their schools’ website as well as information on the Graham Health Center services which is located on their individual website as well.

To learn more on the Covid-19 pandemic effect on college students, keep up with the weekly newsletter at [cdc.gov](https://www.cdc.gov).

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Interviewees:

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Resources used:

Weekly CDC Newsletter:
<https://www.cdc.gov/flu/weekly/#ILINet>

Graham Health Center Homepage:
<https://oakland.edu/ghc/>

Oakland University Covid-19:
<https://oakland.edu/coronavirus/>

Oakland University "Covid-19 Response":
<https://www.oakland.edu/covid19response/>