

# PUT YOUR FOCUS ON MENTAL HEALTH AND WELLNESS

When university students are struggling with stress, anxiety, and other mental health issues, the idea of seeking help can feel overwhelming. Give students, and those who support them, a safe and easy-to-use resource that could make all the difference. In partnership with the Cameron K. Gallagher Foundation, Gale has created Cameron's Collection to help academic libraries privately support students in need of mental health information—including where to go to find professional help.



## OFFER STUDENTS HELP, GUIDANCE, AND RESOURCES DURING THEIR MOST VULNERABLE MOMENTS

### RAISE AWARENESS AND PROMOTE A CULTURE OF SUPPORT

Almost two-thirds of students report feeling overwhelming anxiety at least once during the academic year.<sup>1</sup> Places of higher education are uniquely positioned to foster an environment where students feel secure and confident speaking up about their emotions.

### EDUCATE STUDENTS ON A WIDE RANGE OF TOPICS

Cameron's Collection can promote awareness of mental health issues on college campuses and act as a starting point for a dialogue. The 15 eBook titles available span diverse topics, including suicide and mental health, panic disorders, the psychology of socializing, deconstructing stigmas, the influence of race and culture, and more.

### ELIMINATE CHECKOUTS OR HOLDS

Available on Gale's eBook platform, this collection offers academic libraries targeted resources and guidance that students can reference anytime, anywhere, and on any device.

### DELIVER BETTER PLATFORM TECHNOLOGY

Students can save and download audio files onto their mobile device with Readspeak text-to-speech technology. This helps to maintain their privacy and discretion while accessing this resource. International and ESL students will benefit from article and interface-level translation that offers nearly 40 languages options.

*more* 

## FROM THE COUNSELOR'S OFFICE<sup>2</sup>

Students who visited a counseling center reported:

**51%** EXPERIENCE ANXIETY

**41%** SUFFER FROM DEPRESSION

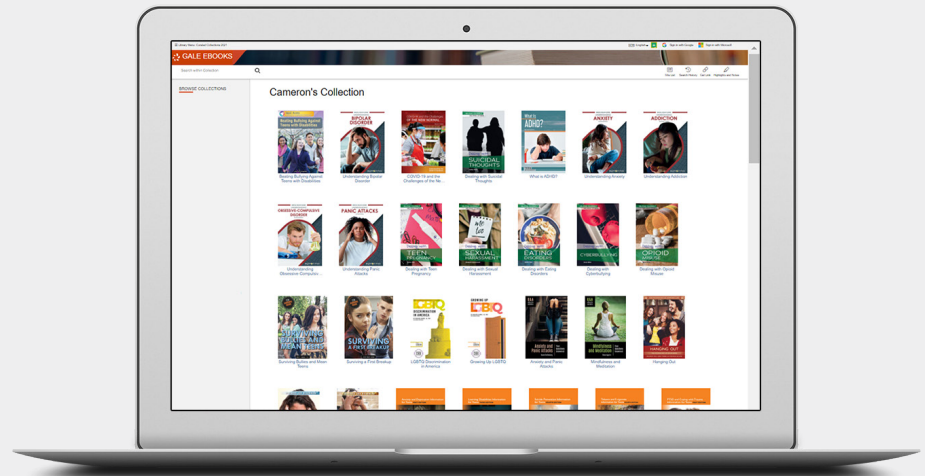
**34%** DISCUSS RELATIONSHIP CONCERNS

**20%** HAVE HAD SUICIDAL IDEATION

Many students reported experiencing multiple conditions at once.

<sup>1</sup> American College Health Association-National College Health Assessment II: Reference Group Executive Summary Spring 2018. Silver Spring, MD: American College Health Association; 2018.

<sup>2</sup> Survey results conducted by the Association for University and College Counseling Center Directors.



Product screen capture as of August 2021. Actual interface may vary.

## SEE WHAT'S INSIDE

Here are just a few titles you'll find in Cameron's Collection.



### The Gale Encyclopedia of Mental Health, 4th Edition

Gale • 2019  
ISBN: 9781410388223

Fill in the gap between foundational information and highly technical materials with this one resource. This edition presents 530 topics including mental disorders, drugs, treatment and therapies, and biological concepts.



### Deconstructing Stigma in Mental Health, 1st Edition

Medical Information Science Reference • 2018  
ISBN: 9781522538097

Begin to break down the stigma surrounding mental health issues by educating researchers, clinicians, policy makers, and psychology professionals about the integral role stigma plays in modern society.



### Mindfulness and Meditation: Your Questions Answered

Greenwood Publishing Group • 2018  
ISBN: 9781440852978

Offer students an approachable introduction to the topics of mindfulness and meditation. The information, guidance, and resources presented makes this a valuable tool for anyone curious about these enduring and trending topics.

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