

OPINIONS

How Well Do University Campuses Treat Mental Illness?

BY RICHARD MAHLE

Mental illness in the United States is a significant problem, and now that the stigma of going to therapy is lessened, we live in an age where many Americans see therapists regularly. Despite this being the new norm, how well is the academic world of colleges adjusting to this shift? According to an article from *The Conversation*, there are too many students and not enough counseling staff. To put this into perspective, the American College Health Association found that, from 2019 to 2020, 87% of students felt overwhelmed, 66% felt extreme anxiety, 56% felt hopelessness, and 13% considered suicide. These are shocking numbers that show why college mental health counselors are in such high demand. Most campuses say the best thing to do when feeling overwhelmed is to make an appointment with the school's counselors because they can help you through the issue. However, if you end up having 87% of a campus running to the department, the counselors would not be able to help everyone.

Some colleges like the University of Arizona have discovered this extreme jump in students seeking mental health care and have called on other campuses to assist their students. The root of the issue may not be with our collegiate societies, but rather with the culture we live in which both condemns and glorifies mental illness. Older generations often shun the idea of getting help, and younger generations have often made it part of their identity. The culture around mental illness in the U.S. has changed immensely in the past few decades.

Thankfully, CSP has taken a few steps to help with these issues. One step is making psychology a general education requirement. This class, alongside the CSP Freshman Seminar, allows students to gain knowledge on what they are feeling and how to manage it. Psychology classes are more about what the mind is and technical terms with a few forms of assistance. On the other hand, CSP Seminar brings in people from different departments to help give resources for managing stress and anxiety. CSP's counselors are also available by email or through the student accessibility services office above the dining hall.



Are Universities addressing mental health issues effectively? CREDIT: Victoria Turcios

Hillary Clinton Looms Over 2020 Election Like a High School Has-Been

BY HALLE MARTIN

Hillary Clinton is not a candidate in the 2020 elections, but she might as well be, because she can't seem to keep her mouth shut. She has been haunting the democratic candidates like one of the ghosts of Christmas past, only, in this case, she's Scrooge, and there's little chance of finding redemption.

Back in October, Clinton made vague accusations directed at Tulsi Gabbard, claiming the Hawaiian Representative is being groomed by the GOP to be a Russian asset. Though she did not specifically call out Gabbard by name, it was not long before listeners were able to put the pieces together. When asked to confirm if these accusations were directed at Gabbard, Clinton's spokesperson, Nick Merrill, snarkily confirmed with a tweet reading, "If the nesting doll fits..." referencing the popular Russian doll.

In a recent interview with IndieWire, the former Secretary of State discussed the future of America's presidency while promoting an upcoming docuseries following her failed 2016 campaign. Here's what she had to say: "If this film can spark those conversations so that maybe we can clear away some of the underbrush that stands in the way of a woman being elected President in our country, it will be a great step forward."

It seems odd for Clinton to be advocating for female presidency and the need to "clear away some of the underbrush" when her actions appear to be doing the very opposite. Her accusations against Representative Gabbard, which can be described as nothing less than catty, have now resulted in Gabbard taking legal actions. She's hit Clinton with a \$50 million defamation lawsuit.

There appears to be little evidence supporting Clinton's accusations. While Gabbard has received Russian support, she's also made the fight against election interferences one of her top priorities. Maybe Hillary is intimidated by Gabbard's war-ending initiatives, when they are so far from the former Secretary of State's bloodthirsty need to fight wars that are not ours, sacrificing American lives and dollars to do so.

If the former Secretary of State wanted to spread her smack talk so much, she should have rerun for the presidency, gotten up on the debate stage, and confronted her targets face-to-face. It is obvious why she passed on that opportunity. Rather than facing another harsh defeat, she'd rather stir the pot from the sidelines. Unsurprisingly, her cowardice does not end there. While Clinton had a seemingly easy time spreading rumors, she's not so quick to put her money where her mouth is, as she and her team have been dodging Gabbard's attempts to serve the ex-first lady and only accepted the lawsuit after the media picked up on it.

Clinton has proven herself to be no better than a high school bully who's lost her spotlight. After a humiliating defeat to Donald Trump, it seems Clinton has nothing better to do these days but stir up drama and run from the consequences. America has told her we're not interested, but she just won't seem to go away.