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day, I would have given up.”

Shae is one of a growing number of students at Ohlone and colleges around the country who are dealing with stress, anxiety, depression, and other mental illnesses.

A third of college students nationwide have difficulty functioning due to depression, and almost half of the students experienced overwhelming anxiety, according to the 2013 National College Health Assessment— a survey that examined more than 125,000 students from about 150 colleges and universities.

At Ohlone, 61 percent of students had some “of a lot” of trouble with depression in the previous week, and 70 percent reported trouble with anxiety, according to the STEP Up Ohlone 2013 College Health Assessment.

“Overall mental health is a key to their success, and it impacts almost every aspect of their lives,” said Bryan Shue, a mental health counselor at the Ohlone Student Health Center.

“One of the things that contributes to mental health issues is the college grind is overwhelming and is a constant destructive circle. If someone is not treating it, it doesn’t occupy most of my time anymore. I suddenly wanted to do things and I had my motivation back. I felt like I could get through anything that was thrown at me,” said O’Neill.

“I recently told someone when they were at their lowest point that I was not ashamed of my bipolar disorder, and I told him that I was proud of myself for sharing that with him because it was the best decision I ever made.”

If you have addictions and are in recovery, or are facing a mental illness in your life, you may be looking for a biological predisposition for mental illness.