

More students seek mental help at school's end—director

By Bob Lannin

With the semester coming to a close, the mental health clinic at the health center is seeing more school-related problems, according to Dr. Robert Heins, mental health director.

Heins said the clinic gets busier as the semester progresses, and that it is busy "all the time" during the last six weeks of the semester.

"We see a few more crises," Heins said, "and a higher proportion of school-related problems."

Heins said students who come in to the clinic either don't like a course they are in, don't like an instructor, or have procrastinated during the semester.

"The pressure for good grades is very intense," Heins said.

Many of the people who seek help are in a high state of

agitation and because of the high anxiety, many students can't concentrate, and ultimately can't function as students, he said.

Talk solutions

Heins said in some cases the solution the clinic provides is simply to give students someone to talk to. Heins said students need someone to sit down with them and help sort out their problems.

The clinic will provide medication for those students who are suffering from lack of concentration, Heins said. The prescriptions are usually given for one week, and usually don't have to be renewed, he added.

Heins described the threat of suicide as a "big cloud over our head" but added that for "years and years" there haven't been any threats after students received treatment.

UNL has one of the lowest suicide rates across the

nation, Heins added. Heins said there was a university-wide effort with the administration, housing department, and professors to guard against suicides.

Suicide threats

Dr. Garland Bare, medical director of the health center, said that in March he received suicide threats from two students in one day.

One of the threats was a potential overdose because of personal and school problems and the other was a problem of loneliness.

Bare said both cases were referred to the mental health clinic.

Most suicide attempts are a cry for help, Bare said, and statistics show those who commit suicide talk to someone before hand.

Heins said the clinic provides 24-hour coverage all-year round for students needing help.

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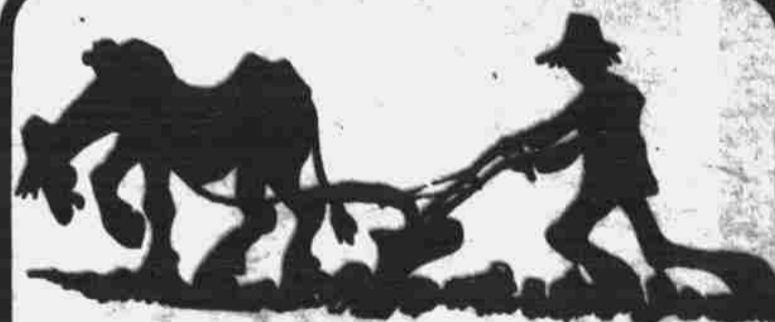
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