Title: Identifying Barriers and Pathways to Care Among College Students with Early Psychosis

Authors: Natasha Dark, Annette S Crisanti, Perla M Romero, Justine L Saavedra, Bess R Friedman, Sam Barans, David Lardier, Juan Bustillo, Mauricio Tohen, Rhoshel Lenroot, Dawn Halperin

Abstract:

In this study, young college students in New Mexico, under 25yo, were asked for how they seek mental health care. It was found that those who first sought non-psychiatric help faced more delays in getting specialized treatment for their first signs of psychosis. Trust issues and fear of being judged were common barriers to seeking care, unaffected by ethnicity or gender, suggesting a need for better psychiatric care access and support systems.