Florence Nightingale, founder of modern nursing, greatly emphasized the holistic approach to holistic health care, attending to the body, the mind, and the soul. Although each aspect contributes to the quality of life, the number and severity of mental disorders among college students is rising, suggesting that more attention be paid to “the mind.” Unfortunately, there are individuals within the college population that do not seek professional help for mental disorders when needed. Specifically, stigmas related to help-seeking behaviors in Latino populations limit the likeliness of seeking help for mental health disorders. By 2050, the number of persons self-identifying as Latino or Hispanic-Americans is expected to grow to 97 million. With this rising statistic, it is essential to provide not only adequate and appropriate mental health support services to Latino populations in the college setting but also to assure that Latino populations avail themselves of these services to persist successfully in college. This study reviewed the literature to identify the most prevalent mental disorders in Latino college students, determine what variables affect help-seeking behaviors, and discover to what degree Latino college students seek help given these variables. Findings showed that cultural values such as familismo and machismo made it less likely for Latino college students to seek
Professional help for mental problems. In addition to these cultural expectations, language barriers and discomfort opening up were also key in limiting the amount of help students seeked.