

**Title: Help-seeking variation among Black college students: A literature review.**

The purpose of this literature review is to explore trends in help-seeking among Black college students. The guiding questions are: What does help-seeking look like for college students? Why do college students not seek help when in need? What factors contribute to the help-seeking process? This literature review aims to discover what is inhibiting Black students from trusting the resources that are provided by colleges and to see how college personnel can encourage students to seek help on campus.

Data collection consisted of utilizing the Tennessee State University (TSU) library database. The search phrase was: help-seeking among Black college students. These terms pertained to college students who lack a sense of direction when it comes to seeking help. Data collection took place from fall 2024 to spring 2025.

Findings demonstrate that a factor that plays a part in help-seeking is a student's knowledge about mental health, meaning that a student's knowledge or lack of knowledge about mental health can cause them not to seek help when in need (Ball et al., 2024). Moreover, a person's socioeconomic status plays a role in help-seeking (Duncan, 2003). Those are just two of the main factors that affect college students' help-seeking process. The literature suggests that there are external factors that play a part in a student's help-seeking process as well (Bonner, 1997).

Overall, this literature review provides an overview into understanding college students' views and beliefs about help-seeking by summarizing research that explores college students' beliefs and experiences. Additionally, it highlights college students' understanding of resources that colleges provide, what makes them feel safe, heard, comfortable, and what they know about mental health along with their knowledge about the help seeking process. This contributes to the discipline of psychology by noting areas of strength related to help-seeking behaviors but also areas of growth to encourage more college students to reach out for help when they need it.