

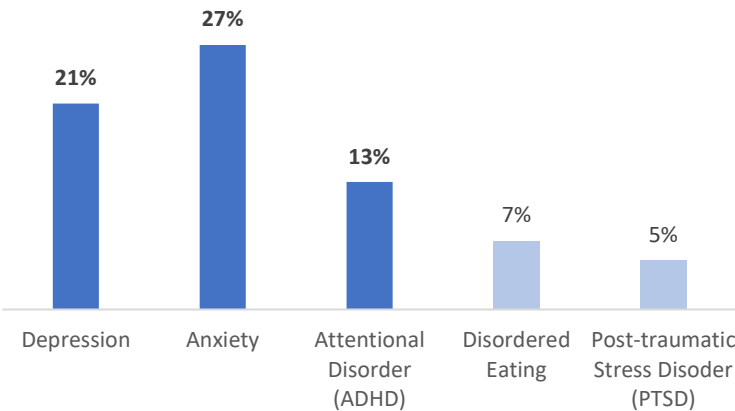
# Mental Health

Health and Wellness Survey 2023 (N= 3872)

### Key Insights:

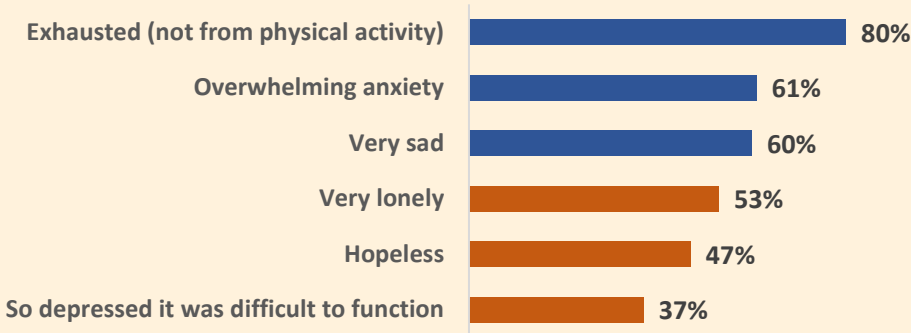
- ✓ **Majority of the students** have reported experiencing mental health symptoms, that includes **exhaustion, overwhelming anxiety, sadness, and loneliness**. Over **half of the students** have also reported experiencing **above average ore tremendous stress**.
- ✓ **69% of students** reported that **anxiety or depression** affected their **academic and social lives**.
- ✓ **71% of students** have experienced **some barrier** preventing them from **seeking mental health services**.

% of students with mental health diagnoses:



**32% of students have used prescription medication for these diagnoses.**

Select mental health symptoms reported by UA students since August 2022:



**25%**



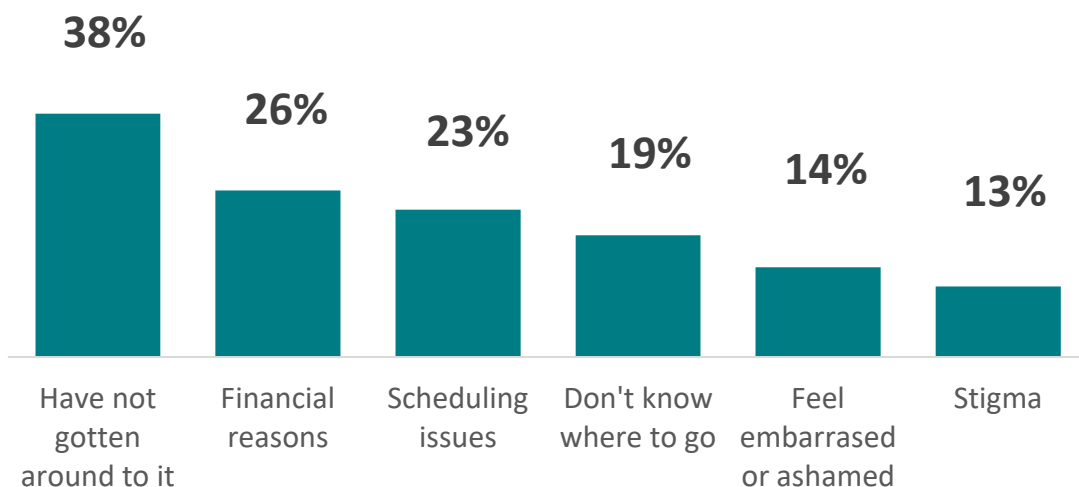
of UA students have **received counseling/therapy for mental/emotional health** in the past 12 months. Out of those **8% students** received it at **CAPS**.

**43%** of students have experienced **more than average stress** since August 2022 while **11%** of students experienced **tremendous stress**.



**69%** of students reported that **anxiety or depression made it difficult** for them to **work, study, go to class or get along with other people**.

## Barriers that prevent students from seeking mental health services:



**69%**

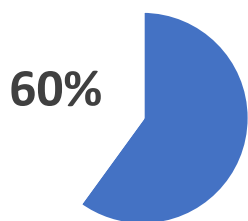
of students were aware that they can access **CAPS services virtually**



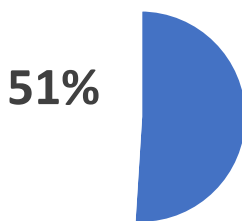
Around **290 students** reported **seriously considering suicide** since August 2022.

**39 students** reported that they have **attempted suicide in the past year**.

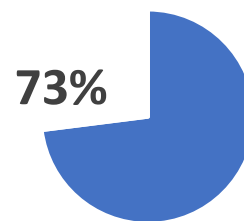
## Percentage of students that are aware of/familiar with the following:



988 Suicide & Crisis Lifeline  
(free to call or text 24/7)



National Crisis Text Line  
(741741)



Suicide Prevention  
Resources

**6%** of students have used this crisis lifeline.