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 or 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.

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

- Exhausted (not from physical activity): 80%
- Overwhelming anxiety: 61%
- Very sad: 60%
- Very lonely: 53%
- Hopeless: 47%
- So depressed it was difficult to function: 37%

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.

32% of students have used prescription medication for these diagnoses.
Barriers that prevent students from seeking mental health services:

- 38% Have not gotten around to it
- 26% Financial reasons
- 23% Scheduling issues
- 19% Don't know where to go
- 14% Feel embarrassed or ashamed
- 13% Stigma

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:

- 60% 988 Suicide & Crisis Lifeline (free to call or text 24/7)
- 51% National Crisis Text Line (741741)
- 73% Suicide Prevention Resources

6% of students have used this crisis lifeline.