Mental Health Quick Look

Health and Wellness Survey 2023 (N= 3872)

Key Insights:

✅ Majority of students have reported experiencing mental health symptoms, including exhaustion, overwhelming anxiety, sadness, and loneliness.

✅ Over half of students have reported experiencing above average or tremendous stress.

✅ 69% of students reported that anxiety or depression impacted their academic and social lives.

✅ 71% of students have experienced some barrier preventing them from seeking mental health services.

32% of students have used prescription medication for the above diagnoses

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%

43% of students indicated they have experienced more than average stress since August 2022

11% of students indicated they have experienced tremendous stress since August 2022

25% of UA students have received counseling/therapy for mental/emotional health in the past 12 months;

Among those, 8% of students received counseling or therapy CAPS

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:

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

266 students reported seriously considering suicide since August 2022.

39 students reported that they have attempted suicide since August 2022.

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

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

6% of students have used this crisis lifeline.