

Mental Health Quick Look

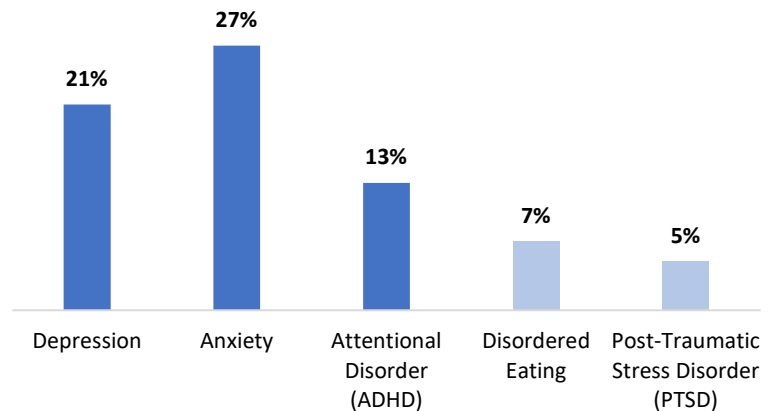
Health and Wellness Survey 2023 (N= 3872)



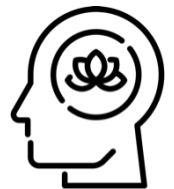
Key Insights:

- ✓ **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.**

% of students with mental health diagnoses:

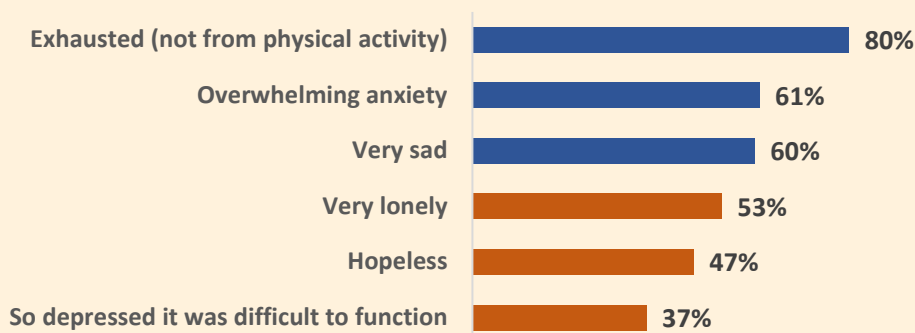


32% of students have **used prescription medication** for the **above diagnoses**



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**

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



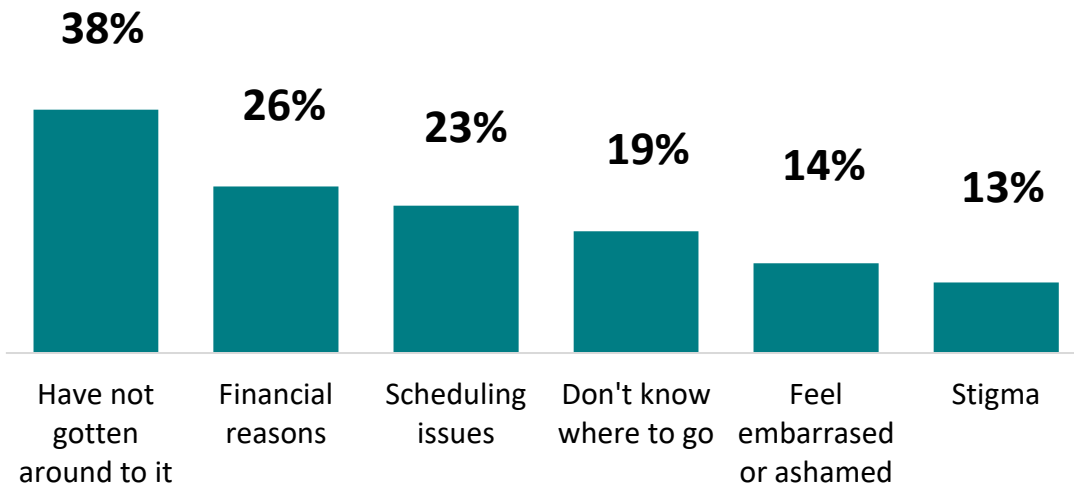
43% of students indicated they have experienced **more than average stress** since August 2022

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



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%

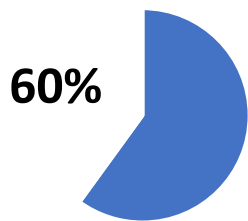
of students were aware that they can access **CAPS services virtually**



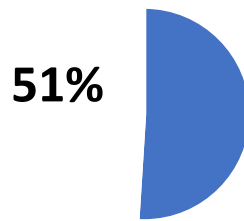
266 students reported **seriously considering suicide** since August 2022

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

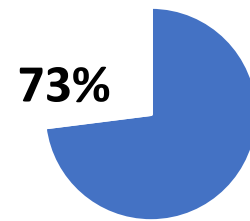
Percentage of students that are aware of/familiar with the following:



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



National Crisis Text Line
(741741)



Suicide Prevention
Resources

6% of students have used this crisis lifeline