

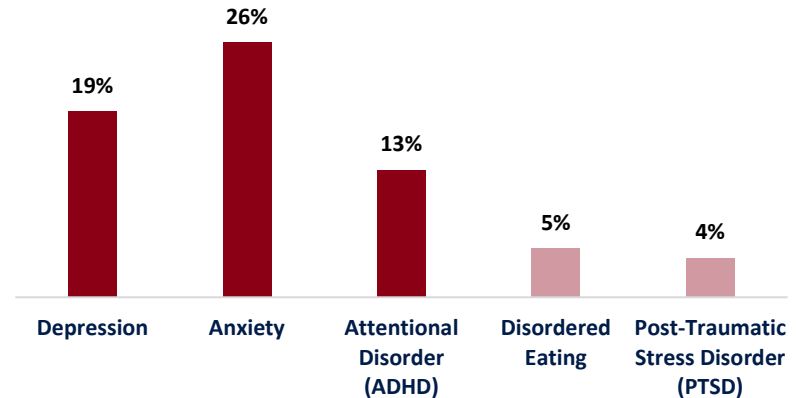
Mental Health Quick Look

Undergraduate Health and Wellness Survey 2024 (N= 4,567)

Key Insights:

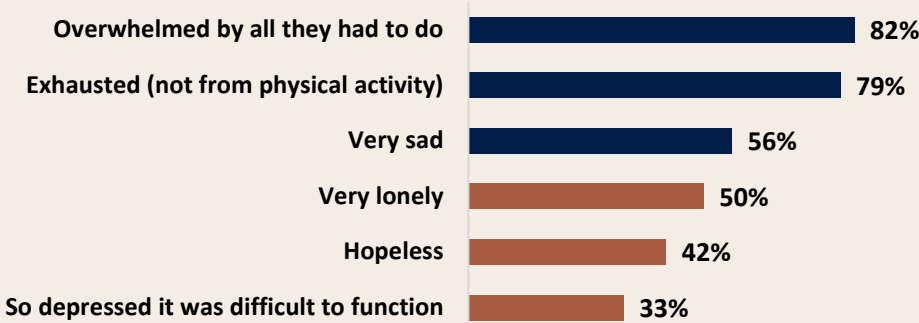
- ✓ **Majority of students** have reported experiencing mental health symptoms, including **exhaustion, overwhelming anxiety, sadness, and loneliness.**
- ✓ **49% of students** have reported experiencing **above average or tremendous stress.**
- ✓ **65% of students** reported that **anxiety or depression** made it somewhat or very difficult for them to engage with their **academic and/or social lives.**
- ✓ **67% of students** have experienced **some barrier** preventing them from **seeking mental health services.**

% of students with mental health diagnoses:



Since August 2023, **50%** of students have used **prescription medication(s)** for any mental health **diagnosis**

Select mental health symptoms reported by U of A students since August 2023:



24%

of U of A students have **received counseling/therapy for mental/emotional health** in the past 12 months;

Among those, **8% of students** received counseling/therapy at **Counseling & Psych Services (CAPS)**

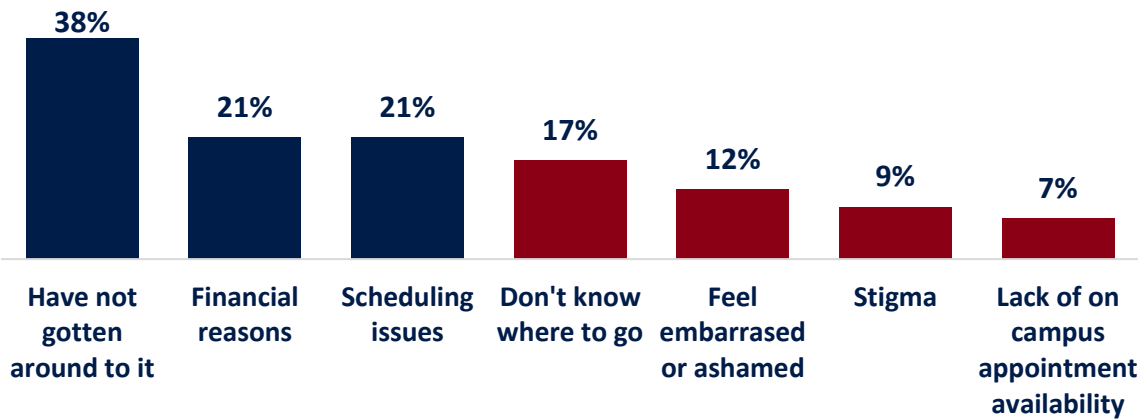
39% of students indicated they have experienced **more than average stress** since August 2023



10% of students indicated they have experienced **tremendous stress** since August 2023

65% 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:



66%

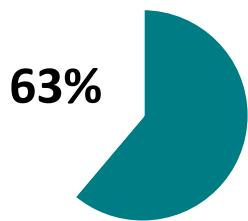
of students are aware that they can access **CAPS services virtually**



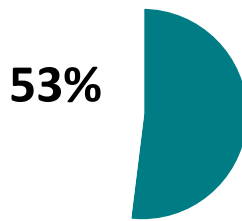
365 students reported **seriously considering suicide** since August 2023

39 students reported that they have **attempted suicide** since August 2023

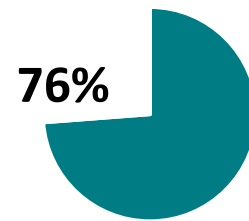
Percentage of students that are aware of/familiar with the following:



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



National Crisis Text Line
(741741)



Suicide Prevention Resources

10% of students have used this crisis lifeline