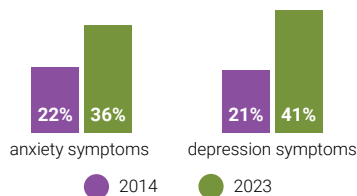


KEY MENTAL HEALTH IN HIGHER EDUCATION STATS

Student mental health in U.S. postsecondary education is a top concern of institutional leaders, administrators, and policymakers. While over one-third of college students indicate that they have positive mental health, data show a large share of students are facing mental health challenges.¹ Several key published statistics on mental health representing the 2022–23 academic year are highlighted to provide an overview of this issue.

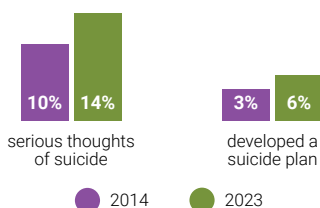
ANXIETY AND DEPRESSION IN COLLEGE STUDENTS

The number of students who screened as positive for symptoms of anxiety and depression increased between 2013–14 and 2022–23.²



SUICIDALITY IN COLLEGE STUDENTS³

In 2022–23, 14 percent of students had serious thoughts of suicide in the past year, compared with 10 percent of students in 2014.



COLLEGE STUDENT LONELINESS



In spring 2023, over half (**51 percent**) of students reported feeling lonely.⁴

COLLEGE STUDENT STRESS

Over three-quarters (**78 percent**) of college students reported having experienced a moderate (**50 percent**) or high (**28 percent**) level of stress within the past 30 days.⁵

TREATMENT GAP IN COLLEGE STUDENTS



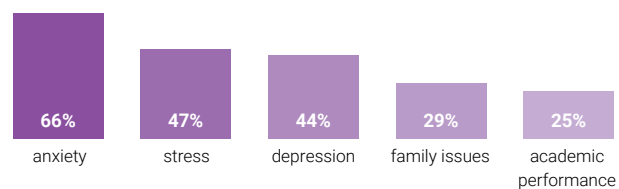
Of the **49 percent** of students who screened positive for symptoms of anxiety or depression, less than half (**46 percent**) had received therapy or counseling in the past year.⁶

MENTAL HEALTH IMPAIRS ACADEMIC PERFORMANCE⁷

A little over **80 percent** of students indicated that mental or emotional difficulties negatively impacted their academic performance for one to six or more days in the past four weeks.

Over one in five (**22 percent**) students indicated that their academic performance was negatively affected for **six or more days** in the past four weeks.

TOP FIVE MENTAL HEALTH CONCERNS OF STUDENTS SEEKING TREATMENT⁸



STUDENTS' PERCEIVED NEED⁹

Well over half (**57 percent**) of students indicated some level of agreement that they needed help in the past year for emotional or mental problems, such as feeling sad, blue, anxious, or nervous. One in four students **strongly agreed** that they needed help.



1. In the Healthy Minds Study's Flourishing Scale, scores range from eight to 56, and 48 and above is the threshold for positive mental health. Over one-third (36 percent) of students indicated they had positive mental health in 2022–23, compared with over half of students (51 percent) in 2013–14.
2. Healthy Minds Network, *Healthy Minds Study 2022–2023 Data Report* (Ann Arbor, MI: Healthy Minds Network, 2023). *The Healthy Minds Study* uses clinical assessment tools that assess whether a selected students enrolled at colleges and universities may have symptoms for moderate or severe anxiety (GAD-7) or depression (PHQ-9).
3. Healthy Minds Network, *Healthy Minds Study 2022–2023 Data Report*; and Healthy Minds Network, *Healthy Minds Study 2014 Data Report* (Ann Arbor, MI: Healthy Minds Network, 2014).
4. American College Health Association, *American College Health Association-National College Health Assessment III: Reference Group Executive Summary Spring 2023* (Silver Spring, MD: American College Health Association, 2023).
5. American College Health Association, *American College Health Association-National College Health Assessment III: Reference Group Executive Summary Spring 2023*.
6. Healthy Minds Network, *Healthy Minds Study 2022–2023 Data Report*.
7. Healthy Minds Network, *Healthy Minds Study 2022–2023 Data Report*.
8. Center for Collegiate Mental Health, *2023 Annual Report*, Publication No. STA 24-147 (University Park, PA: Center for Collegiate Mental Health, 2024). The data represent the top concerns of 65,000 clients. Clinicians use the Clinician Index of Client Concerns, a list of 54 items, to identify concerns for their clients. The top five most frequently identified issues are listed.
9. Healthy Minds Network, *Healthy Minds Study 2022–2023 Data Report*.