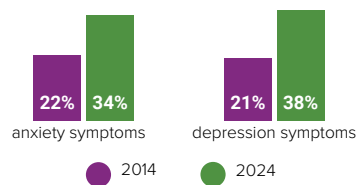


KEY MENTAL HEALTH IN HIGHER EDUCATION STATS

Student mental health in U.S. postsecondary education is a top concern of institutional leaders, administrators, and policymakers. While nearly two in five college students (38 percent) indicated that they had 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 2023–24 academic year are highlighted to provide an overview of this issue.

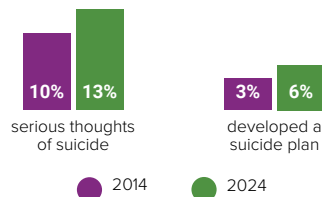
ANXIETY AND DEPRESSION IN COLLEGE STUDENTS

The number of students who screened as positive for symptoms of anxiety and depression increased between 2013–14 and 2023–24.²

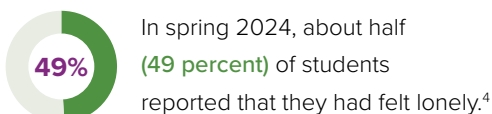


SUICIDALITY IN COLLEGE STUDENTS

In 2023–24, 13 percent of students had serious thoughts of suicide in the past year, compared with 10 percent of students in 2013–14.³



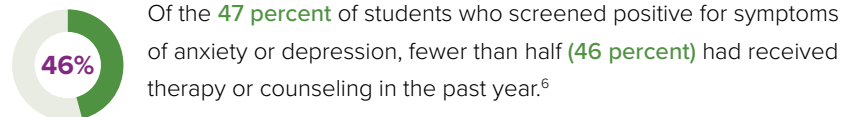
COLLEGE STUDENT LONELINESS



COLLEGE STUDENT STRESS

Over three-quarters (76 percent) of college students reported that they had experienced a moderate (50 percent) or high (26 percent) level of stress within the past 30 days.⁵

TREATMENT GAP IN COLLEGE STUDENTS

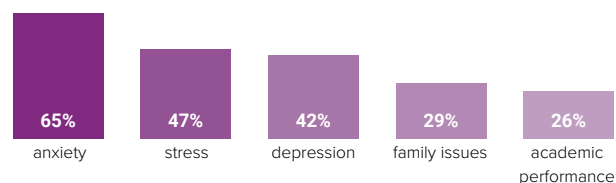


MENTAL HEALTH IMPAIRS ACADEMIC PERFORMANCE⁷

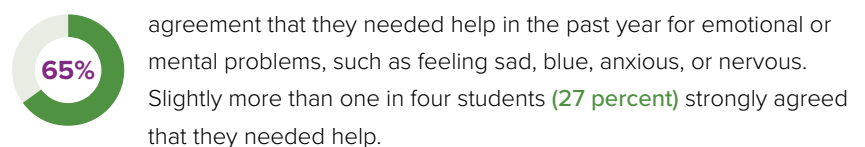
Nearly eight in 10 students (77 percent) indicated that mental or emotional difficulties negatively impacted their academic performance for one to six or more days in the past four weeks.

Over one in five students (21 percent) 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



1. Healthy Minds Network, *Healthy Minds Study 2023–2024 Data Report* (Healthy Minds Network, 2024); Healthy Minds Network, *Healthy Minds Study 2014 Data Report* (Healthy Minds Network, 2014). In the Healthy Minds Study's Flourishing Scale, scores range from eight to 56; 48 and above is the threshold for positive mental health. Nearly two in five students (38 percent) indicated that they had positive mental health in 2023–24, compared with over half of students (51 percent) in 2013–14.
2. Healthy Minds Network, *Healthy Minds Study 2023–2024 Data Report*; Healthy Minds Network, *Healthy Minds Study 2014 Data Report*. The Healthy Minds Study uses clinical assessment tools to determine whether 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 2023–2024 Data Report*; Healthy Minds Network, *Healthy Minds Study 2014 Data Report*.
4. American College Health Association, *American College Health Association-National College Health Assessment III: Reference Group Executive Summary Spring 2024* (American College Health Association, 2024).
5. American College Health Association, *American College Health Association-National College Health Assessment III: Reference Group Executive Summary Spring 2024*.
6. Healthy Minds Network, *Healthy Minds Study 2023–2024 Data Report*.
7. Healthy Minds Network, *Healthy Minds Study 2023–2024 Data Report*.
8. Center for Collegiate Mental Health, *2024 Annual Report*, Publication No. STA 25-489 (Center for Collegiate Mental Health, 2025). The data represent the top concerns of 61,400 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 2023–2024 Data Report*.