

# Mental Health Fact Sheet



## MANY OF TODAY'S STUDENTS FACE MENTAL HEALTH CHALLENGES

**FALL  
2023**

**71% of students** admitted to experiencing mental health issues such as stress, anxiety, and/or depression.

**FALL  
2022**

**More than 40%** of enrolled undergraduate students stated that they had considered dropping out in the past six months, which was up from 34% in the first year of the public health emergency. The most cited reason for wanting to do so was emotional stress and personal mental health.

**FALL  
2021**

**Roughly one in seven** college students said that they had considered suicide – even more than the prior academic year.

## PERCENTAGE OF STUDENTS WHO SOUGHT TREATMENT



While **students of color** have been found to exhibit higher rates of mental health

challenges in comparison to their white peers, they're less likely to seek out mental health treatment:

**WHITE: 55.8%**

**MULTIRACIAL: 50.7%**

**AMERICAN INDIAN/ALASKA**

**NATIVE: 48.3%**

**ARAB AMERICAN: 40.2%**

**BLACK: 37.7%**

**HISPANIC: 35.9%**



## PRE-PANDEMIC, STUDENTS STRUGGLED TO ACCESS CAMPUS MENTAL HEALTH TREATMENT

**50%**

who **dropped out due to mental health** reasons reported they did not access mental health services.

- In 2016, **61% of students** with mental illness never received treatment and 86% of students who died by suicide never received campus counseling.
- **64% of students** who dropped out did so for mental health reasons.

## LGBTQ+ STUDENTS ARE ALSO MORE LIKELY TO FACE MENTAL HEALTH ISSUES



- **35% of LGBTQ+ students** say the expense of mental health services has prevented them from seeking treatment.
- **One in three LGBTQ+ college students** considered suicide in the past year, and 7% reported a suicide attempt in the past year.

**92%**

of LGBTQ+ students report their mental health has **negatively impacted** their college experience.



## MENTAL HEALTH PROFESSIONALS AND CAMPUS COUNSELING CENTERS SIMPLY CAN'T KEEP UP

**58%**

of students report being **placed on a waitlist** at their college's counseling services.

- Today, **more than 156 million Americans** live in areas with a documented shortage of mental healthcare professionals.
- On average, colleges and universities only have the equivalent of about **eight mental health counselors on staff**.

- The average annual caseload for a full-time campus mental health counselor ranges from **120 students to more than 300 students**.
- Just **over one in five students on the waitlist** were seen within a week, but 10% reported being wait-listed for over a month, and 6% faced a delay so indefinite that they decided to seek help somewhere else.

## TODAY'S STUDENTS SPEAK UP: 'SUICIDE PREVENTION GRANTS SAVE LIVES'



"Suicide prevention grants and money into emergency services directly saves lives. If it wasn't for suicide prevention at my university, I don't think I would have made it past my first year. In order to create space for students to be the changemakers of our next generation, we have to create avenues in which mental health and financial health are not separate, but equal in the eyes of Congress."



**Celia, University of Maine at Farmington student, DC Student Summit**

