

MENTAL HEALTH FACTSHEET



The COVID-19 pivot has had a detrimental impact on today's students' mental health:

Reports of depression between March and May 2020 were

5 percentage points higher than in fall 2019.¹



60%

of students reported that accessing mental health care was more difficult because of the pandemic.²



June 2020 data showed that more than

25%

of 18-24 year olds had considered suicide in the prior 30 days.³



These effects have continued into the the 2020-21 school year:

75%

of students reported worse mental health since the start of the pandemic.⁴

FALL 2020

64% of female students

43% of male students

reported being at least somewhat anxious.⁵



55% of students spent more time on coursework



33% spent less time sleeping.⁶



77%

of students had not used campus mental health resources.⁷



Even before the pandemic, students struggled with mental health and accessing campus treatment:

The Substance Abuse and Mental Health Services Administration estimates that

29% of young adults (18-25) have a diagnosable mental illness.⁸



SINCE 2010

Overall student enrollment has grown 5%



the number of students who have accessed campus counseling centers grew by 30%.⁹

IN 2016

61%

of students with mental illness never received treatment



86%

of students who died by suicide never received campus counseling.¹⁰



64%

of those students who drop out do so for mental health reasons.¹¹



50%

of students who drop out due to mental health reasons report that they did not access mental health services.¹²

Underrepresented students are disproportionately affected by inequities in accessing mental health services

Undergraduate students with depression or anxiety symptoms in 2020 who received treatment:¹³

White: 40.8%

Hispanic: 26.6%

Black: 24.3%

Asian American: 23.4%

42%

of students from lower socioeconomic backgrounds experience mental health symptoms.¹⁶



LGBTQ+ students are more likely to face mental health issues:¹⁴

Percentage of students who reported facing mental health issues:

50% of bisexual students

46% of students who identify as lesbians

43% of students who identify as gay

30% of students who identify as heterosexual

60%

of gender minority students, including trans, queer, and nonbinary students, were affected by depression compared to



25% of cisgender students.¹⁵

ENDNOTES

¹ The Health Minds Network, American College Health Association. "The impact of COVID-19 on college student well-being." July 2020. https://healthymindsnetwork.org/wp-content/uploads/2020/07/Healthy_Minds_NCHA_COVID_Survey_Report_FINAL.pdf

² Ibid.

³ Czeisler, Mark, Lane, Rashon, Petrosky, Emiko, et al. "Mental Health, Substance Use, and Suicidal Ideation During the COVID-19 Pandemic — United States, June 24–30, 2020." 14 Aug. 2020. https://www.cdc.gov/mmwr/volumes/69/wr/mm6932a1.htm?s_cid=mm6932a1_w

⁴ Active Minds. "Student Mental Health Survey." September 2020. <https://www.activeminds.org/wp-content/uploads/2020/10/Student-Mental-Health-Data-Sheet-Fall-2020-1.pdf>

⁵ Course Hero, NASPA, College Pulse. "Student Wellness During COVID-19." 2020. https://marketplace.collegepulse.com/img/student_wellness_collegepulse_final.pdf

⁶ Ibid.

⁷ Ibid.

⁸ Mental Illness Statistics, National Institute of Mental Health, January 2021.

⁹ Long, Matthew. "Policy Brief on Mental Health on College Campuses." RhetTech, Vol. 1 35-39. https://www.jmu.edu/wrtc/_files/rhettech-vol-1/PolicyBriefMentalHealth2.pdf

¹⁰ Ibid.

¹¹ Gruttadaro, Darcy and Crudo, Dana. "College Students Speak: A Survey Report on Mental Health." NAMI. 2012. https://www.nami.org/Support-Education/Publications-Reports/Survey-Reports/College-Students-Speak_A-Survey-Report-on-Mental-H

¹² Ibid.

¹³ Healthy Minds Network, Research on Adolescent and Young Adult Mental Health, 2020 Report, <https://bit.ly/3diKOeo>.

¹⁴ College Student Mental Health Action Toolkit, Healthy Minds Network, August 2020, <https://bit.ly/3adJuaq>.

¹⁵ Ibid.

¹⁶ Ibid.