



Good News, Bad News on Student Mental Health

A nationwide survey of nearly 1,200 college students by TimelyCare, the leading health and well-being provider in higher education, provided a snapshot of student mental health going into the fall 2022 semester. Students gave themselves a passing grade for their mental health and are likely to seek support when they need it. As the world around students brings new stressors, a majority still face mental health challenges. However, students identified the resources they need to stay happy, healthy, and on track to graduate.

Good News

Students are **more likely** to seek out emotional support than last semester.

Spring 2022 68%

Fall 2022 74%

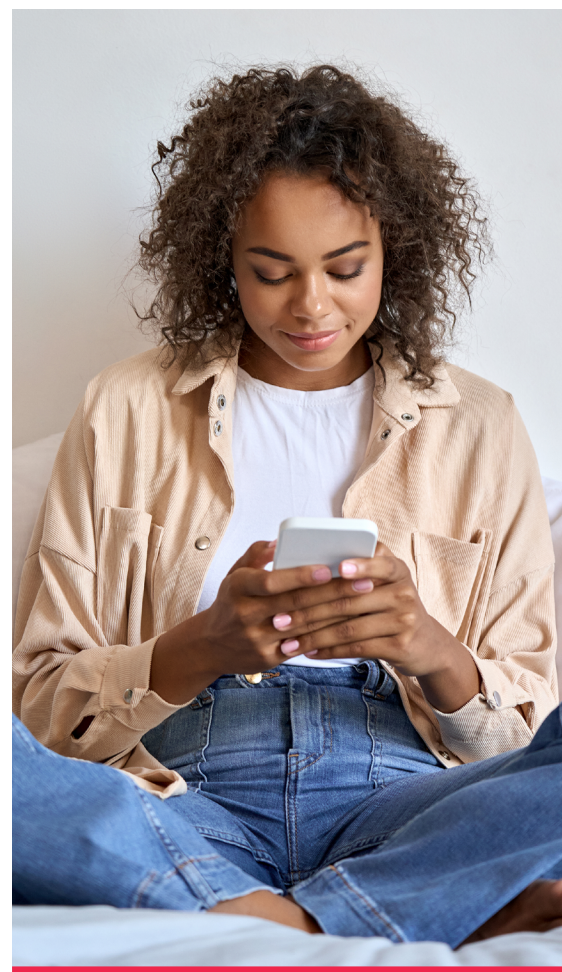
COVID-19 is No Longer the Primary Source of Stress



54% say they are less or not at all concerned about the pandemic



60% think their campuses' COVID precautions are appropriate



68% would give their personal mental health a grade of 'B' or 'C,' despite a majority of students reporting mental health issues.

To learn how to help your students thrive, visit [timelycare.com](https://www.timelycare.com)

©TimelyCare 2023

Bad News

Top 5 Student Stressors:



Mental health



Mass shootings



Inflation



Finances



Academics



7 out of 10 are experiencing mental health issues such as stress, anxiety, or depression



86% say their current level of stress and/or anxiety is the same as or greater than this time last year

How to Help Students

Students said the best thing campuses can do to support them right now is provide a **hybrid model of care** that gives them the virtual, in-person, and peer support that they're looking for.

Top 3 Ways to Support Students

1

More virtual counseling/mental health support

2

More in-person counseling/mental health support

3

Additional peer-to-peer support resources



To learn how to help your students thrive, visit timelycare.com

©TimelyCare 2023