



Spring 2023

# New Semester, Same Mental Health Concerns

A nationwide survey of more than 1,200 college students by TimelyCare, the leading virtual health and well-being provider in higher education, shows sustained high levels of mental health challenges and awareness as students begin the spring semester. Most students are worried about a recession in 2023, but that's not their number one source of stress – their own mental health is.

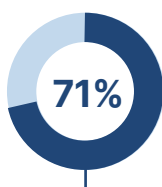


## The Ongoing Mental Health Crisis on Campus

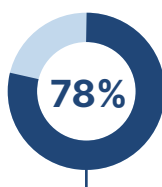
**Four out of five (80%)** students say there is a mental health crisis on college campuses – only a slight improvement from this time last year.



## Student Mental Health Issues Continue to Surge



are experiencing mental health issues such as stress, anxiety, and/or depression.



report the same or higher levels of severity as this time last year.

## Top 5 Student Stressors

-  Mental Health
-  Personal Finances
-  Academics
-  Mass Shootings
-  Inflation/Rising Prices

## Teletherapy Supports Students



**Three out of four (75%)** students who have utilized a teletherapy service or a virtual mental health app to support their mental health say their mental health improved as a result.