



# Under Pressure: How Mental Health & Money Affect College Students

## How Are Students Feeling Right Now?



**7 in 10**  
students experiencing mental health issues



**5 in 10**  
are more stressed/anxious than at the start of the school year

## What Are Students' Top Stressors?

1



Mental Health

2



Cost of Living/Inflation

3



Physical Health

4



Relationship Issues

5



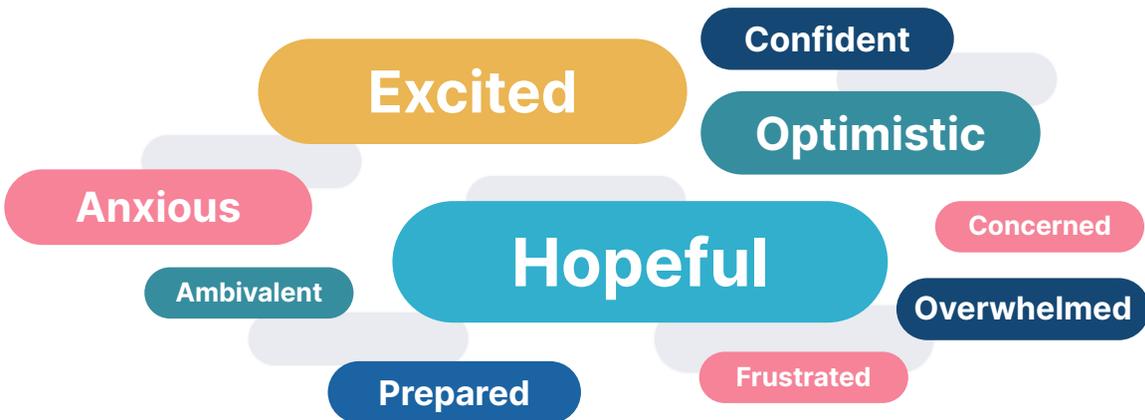
Academics

6



Paying for College

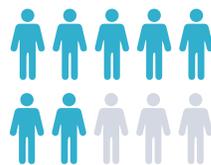
## What Word Best Describes How Students Feel as the Semester Ends?



## How Do Students Perceive Mental Health Support?



**8 in 10**  
students say they have easy access to mental health resources through their school



**7 in 10**  
students think their school cares about their mental health

## What's Most Important to Students When Seeking Professional Mental Health Support?



1 Choice of providers



2 Provider identity/lived experience



3 Convenience of visit time/location



4 Immediate access