



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