



Mental Health, Recession and Mass Shootings Among College Students' Top Concerns in 2023

Summary Results

Students are experiencing sustained high levels of mental health challenges as they begin the spring semester. TimelyMD conducted a nationwide survey of more than 1,200 college students, four out of five of whom believe there is a mental health crisis on campuses. The results also reflect an increased awareness of the mental health issues students face with reduced stigma, though some students are still reluctant to seek professional help.

Do you think there is a mental health crisis on college campuses?

- 80%, Yes
- 20%, No

Are you currently experiencing any mental health issues, such as stress, anxiety, or depression?

- 71%, Yes
- 29%, No

How does your current level of stress/anxiety compare to this time last year?

- 44%, More stressed/anxious
- 34%, Same
- 17%, Less stressed/anxious
- 5%, Not stressed/anxious

Is your family aware you are experiencing mental health issues?

- 66%, Yes
- 34%, No

Is your family supportive of you seeking professional mental health support?

- 84%, Yes
- 16%, No

Have you sought professional help to support your mental health in the 12 months?

- 53%, Yes
- 47%, No

Have you ever used teletherapy services and/or a virtual mental health app to support your mental health?

- 50%, Yes
- 50%, No

If you have used a teletherapy service and/or a virtual mental health app to support your mental health, did your mental health improve as a result?

- 75%, Yes
- 25%, No

Do you think your college or university provides sufficient mental health resources?

- 70%, Yes
- 30%, No

Are you feeling stressed/anxious about current events (i.e., political climate, COVID-19, school shootings, inflation, etc.)?

- Yes, 63%
- No, 37%

What is causing you stress and/or anxiety right now? [Select all that apply]

- Political instability, 22%
- Mass shootings, 35%
- Inflation/rising prices, 35%
- COVID-19, 29%
- Monkeypox, 10%
- Social inequity, 15%
- My mental health, 50%
- Physical health, 30%
- Being away from friends/family at home, 22%
- My academics, 37%
- My finances, 39%
- Relationships, 33%
- Other, 2%
- None of the above (I am not stressed about any of these things), 8%

Are you worried about a recession in 2023?

- Yes, 64%
- No, 36%

In the past 12 months, have you experienced emotional distress, stress, and/or anxiety due to a lack of basic needs, such as housing, food, technology, childcare or sibling care, etc.?

- Yes, 59%
- No, 41%

What are the causes of your emotional distress, stress, and/or anxiety? [Select all that apply]

- Financial issues, 52%
- School, 64%
- Lack of healthy, balanced diet, 30%
- Family concerns, 31%
- Relationship issues, 34%
- Lack of available food resources, 12%
- Lack of adequate housing, 10%
- Lack of access to medical care, 8%
- Lack of employment opportunities, 15%
- Workplace or employment workload concerns, 12%
- Lack of childcare, 5%
- Personal security issues, 11%
- Lack of reliable transportation, 11%
- Inability to acquire needed medications, 6%
- Lack of access to needed technology, 6%
- Other, 2%

Survey Demographics

Race/ethnicity:

- 8%, American Indian or Native Alaskan
- 8%, Asian or Asian American
- 5%, Biracial or Multiracial
- 31%, Black or African American
- 19%, Hispanic or Latino/a/x
- 1%, Middle Eastern/North African (MENA) or Arab Origin
- 1%, Native Hawaiian or Other Pacific Islander Native
- 39%, White
- 1%, Unknown/None of the above
- 2%, Prefer not to answer

Gender identity (How would you describe your gender identity?/How do you identify as?):

- 50%, Female

- 46%, Male
- 1%, Agender
- 1%, Trans or Transgender
- 1%, Non-binary
- 1%, Genderfluid
- <1%, Intersex
- 1%, Prefer not to answer
- <1%, Other

Which best describes your current sexual orientation?:

- 7%, Asexual
- 14%, Bisexual
- 5%, Gay/Lesbian
- 64%, Heterosexual/Straight
- 2%, Pansexual
- 2%, Queer
- 5%, Prefer not to answer
- 2%, Other

Gender Identity (How would you describe your gender identity?/How do you identify as?)

- 46%, Female
- 49%, Male
- <1%, Agender (denoting or relating to a person who does not identify themselves as having a particular gender)
- 1%, Trans or Transgender (denoting or relating to a person whose sense of personal identity and gender does not correspond with their birth sex.)
- 1%, Non-binary (Non-binary is a spectrum of gender identities that are not exclusively masculine or feminine—identities that are outside the gender binary.)
- <1%, Genderfluid (denoting or relating to a person who does not identify themselves as having a fixed gender.)
- <1%, Intersex (individuals born with any of several variations in sex characteristics including chromosomes, gonads, sex hormones or genitals that "do not fit the typical definitions for male or female bodies" - Office of the United Nations High Commissioner for Human Rights)
- <1%, Other (allow for write-in responses)
- <1%, Prefer not to answer

What type of institution best describes your student's college or university?

- 65%, Four-year public college or university (awards bachelor, masters, and/or doctoral degrees)
- 19%, Four-year private college or university (awards bachelor, masters, and/or doctoral degrees)
- 16%, Two-year community, technical, or vocational college (awards associate degrees)