



## **Students are Stressed and Anxious While Higher Education Funding Questions Loom**

*A TimelyCare nationwide online survey reveals that mental health issues and financial pressures remain top concerns for college and university students. The survey captured insights from over 1,200 students (ages 18–24).*

As you head into the end of this school term, are you 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 the start of the school year?

- 54%, More stressed/anxious
- 35%, About the same
- 11%, Less stressed/anxious

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

- 58%, My mental health
- 35%, Cost of living/inflation
- 32%, My physical health
- 31%, Relationship issues (family and/or friends)
- 30%, My academics
- 29%, Paying for college/student loan debt
- 19%, Career readiness/job market
- 15%, Adjusting to college life (i.e. new place, new friends, new living situation)
- 14%, Election outcomes
- 13%, Abortion, women's rights
- 10%, LGBTQ+ rights
- 10%, Climate change/natural disasters
- 10%, Racial equity
- 9%, Mass shootings
- 8%, Global political conflicts/war (i.e. Israel/Gaza, Ukraine/Russia)
- 8%, Immigration issues
- 7%, Freedom of speech issues
- 6%, Socioeconomic inequity
- 5%, Campus unrest
- 2%, Other

Do you think your school cares about your mental health?

- 69%, Yes
- 31%, No

Do you have easy access to mental health resources through your school?

- 80%, Yes
- 20%, No

What is the primary way mental health support impacts your college experience?

- 35%, Manage anxiety/stress
- 27%, Help improve grades
- 14%, Manage depression
- 7%, Stay on track to graduate
- 7%, Improve relationships
- 6%, No impact/unsure
- 4%, Improve sense of belonging

How do you think mental health support services provided by your college or university impact your likelihood to graduate/get your degree?

- 73%, I am more likely to graduate/get my degree
- 15%, I am less likely to graduate/get my degree
- 12%, No impact at all

What is most important to you when seeking professional mental health support?

- 27%, Choice of providers
- 26%, Provider identity/lived experience
- 17%, Convenience of visit time/location
- 14%, Immediate access
- 8%, Cost of a visit
- 7%, Specialty area of expertise

Do you feel prepared to support a peer who is in crisis?

- 68%, Yes
- 19%, No
- 13%, Unsure

Which word best describes your current feeling as your school term ends? [Select one]

- 25%, Hopeful
- 22%, Excited
- 13%, Optimistic
- 13%, Confident

- 10%, Anxious
- 8%, Overwhelmed
- 4%, Prepared
- 2%, Concerned
- 2%, Frustrated
- 2%, Ambivalent

Does engaging in political dialogue with others at your college or university affect your mental health?

- 61%, Yes
- 39%, No

How will you measure your success in college? [Please rank from most important to least important]

1. GPA
2. Greater knowledge/what you learned
3. Graduating/completing your course of study
4. Getting a desired job
5. The starting salary of your job
6. Upskilling in your current career
7. The ability to pay off your student loans

What challenges have you faced that have impacted your success in college? [Select all that apply]

- 61%, Mental health
- 45%, Financial
- 32%, Physical health
- 29%, Academic
- 28%, Social/belonging
- 20%, Basic needs insecurity (e.g., food, housing, transportation)
- 17%, Career readiness
- 5%, I have not faced any challenges
- 1%, Other

## Survey Demographics

Race/ethnicity [Select all that apply]:

- 8%, American Indian or Native Alaskan
- 8%, Asian or Asian American
- 5%, Biracial or Multiracial
- 32%, Black or African American

- 18%, Hispanic or Latino/a/x
- 1%, Middle Eastern/North African (MENA) or Arab Origin
- 1%, Native Hawaiian or Other Pacific Islander Native
- 40%, White
- 1%, Unknown/None of the above
- 1%, Prefer not to answer

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

- 50%, Female
- 48%, Male
- <1%, Agender
- 1%, Trans or Transgender
- 1%, Non-binary
- <1%, Genderfluid
- <1%, Intersex
- <1%, Prefer not to answer
- <1%, Other

Which of these best describes your current sexual orientation?

- 6%, Asexual
- 12%, Bisexual
- 5%, Gay/Lesbian
- 70%, Heterosexual/Straight
- 2%, Pansexual
- 1%, Queer
- 3%, Prefer not to answer
- 1%, Other

The TimelyCare nationwide online survey was conducted in November 2024.