

# COLLEGE STUDENTS MENTAL HEALTH



**NOWADAYS, MOST COLLEGE STUDENTS FIT THE DESCRIPTION FOR AT LEAST ONE MENTAL HEALTH ISSUE.**

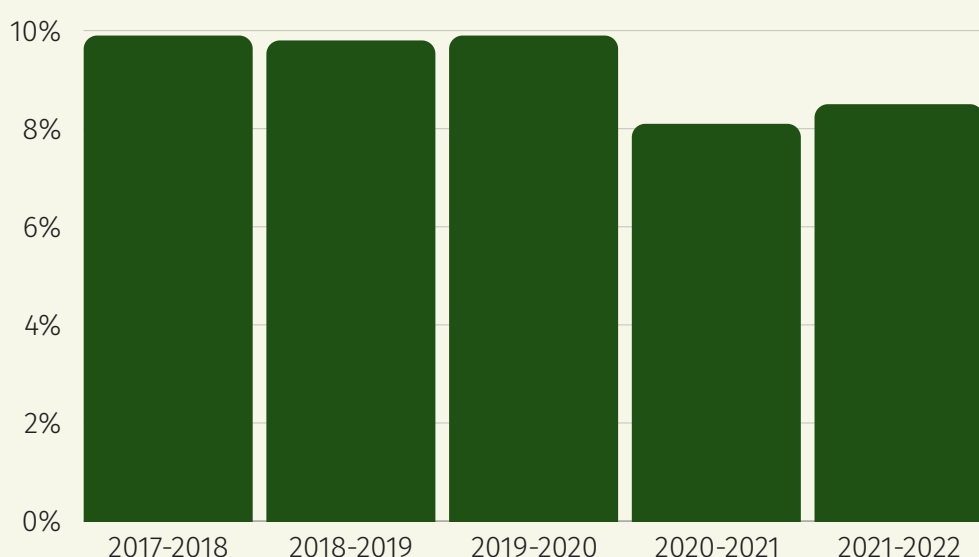
## AWARENESS

**There is a shortage of counseling centers. Long waiting lines and burnout are common among counselors.**

IN THE FIFTEEN YEARS THAT THE STUDY HAS BEEN CONDUCTED, THE HIGHEST PERCENTAGE OF STUDENTS 44 PERCENT REPORTED HAVING DEPRESSIVE SYMPTOMS, 37 PERCENT SAID THEY WERE ANXIOUS, AND 15 PERCENT INDICATED THEY WERE THINKING ABOUT SUICIDE. OVER NINETY THOUSAND STUDENTS FROM 133 SCHOOLS IN THE UNITED STATES TOOK PART IN THE POLL.

MORE THAN 77% OF COLLEGE STUDENTS REPORTED HAVING MODERATE TO SEVERE EMOTIONAL DISTRESS IN 2022. OF THE STUDENTS, 27% HAD BEEN DIAGNOSED WITH DEPRESSION AND 35% WITH ANXIETY.

**PERCENTAGE OF COLLEGE STUDENTS IN THE U.S. THAT WERE RECEIVING MENTAL HEALTH SERVICES AND HAD BEEN HOSPITALIZED FOR MENTAL HEALTH CONCERNS FROM 2010 TO 2022, BY Y**



APPROXIMATELY 8.5% OF COLLEGE AND UNIVERSITY STUDENTS WHO GOT MENTAL HEALTH TREATMENTS IN 2021-2022 WERE ADMITTED TO THE HOSPITAL AS A RESULT OF THEIR MENTAL HEALTH ISSUES. THE PERCENTAGE OF AMERICAN COLLEGE AND UNIVERSITY STUDENTS WHO WERE HOSPITALIZED FOR MENTAL HEALTH ISSUES BETWEEN 2010 AND 2022 AND WHO RECEIVED MENTAL HEALTH SERVICES IS SHOWN IN THIS DATA.

## REFERENCES

[HTTPS://WWW.NEA.ORG/NEA-TODAY/ALL-NEWS-ARTICLES/MENTAL-HEALTH-CRISIS-COLLEGE-CAMPUSES](https://www.nea.org/nea-today/all-news-articles/mental-health-crisis-college-campuses)  
[HTTPS://WWW.BESTCOLLEGES.COM/RESEARCH/COLLEGE-STUDENT-MENTAL-HEALTH-STATISTICS/#:~:TEXT=DATA%20SUMMARY,ANXIETY%3B%2027%25%20HAD%20DEPRESSION.](https://www.bestcolleges.com/research/college-student-mental-health-statistics/#:~:text=DATA%20SUMMARY,ANXIETY%3B%2027%25%20HAD%20DEPRESSION.)

