UNIVERSITY STUDENT MENTAL HEALTH FACT SHEET

EMOTIONAL LIFE OF STUDENTS

From American College Health Association, 2014

- **33%** of college students said they felt “so depressed that it was difficult to function” at least once in the previous year.
- **48%** of college students said they felt “things were hopeless” at least once in the previous year.
- **55%** of college students felt “overwhelming anxiety” at least once in the previous year.
- **87%** of college students felt “overwhelmed by all they had to do” at least once in the previous year.

NATIONAL TRENDS

Counseling Center Directors’ Survey, 2014

NATIONWIDE AGREEMENT ON THESE ISSUES

- Increasing utilization of counseling services by students
- Increasing severity of symptoms
- More crisis requiring immediate response
- More severe psychological problems
- More students on psychiatric medications

CPS STATISTICS

TOP CONCERNS for students coming to CPS

- Anxiety
- Academics
- Relationship
- Depression

Average number of students accessing counseling centers:

- UC Berkeley: **15%**
- National*: **9.5%**

*National average of colleges our size

2004 UC GRADUATE STUDENT SURVEY

- 2 out of 3 students felt hopeless at times
- **45%** reported emotional stress related problems that impacted their general well-being and academic performance

GRAD STUDENT HAPPINESS & WELL-BEING

Graduate Student Happiness & Well-Being Report, 2014

TOP PREDICTORS OF SATISFACTION WITH LIFE

- Living Conditions
- Career Prospects
- Financial Confidence

TOP PREDICTORS OF DEPRESSION

- Sleep
- Overall Health
- Academic Engagement

A common, validated measure of positive function, happiness, and well-being.

A validated measure of negative function used in psychiatric epidemiology.