

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

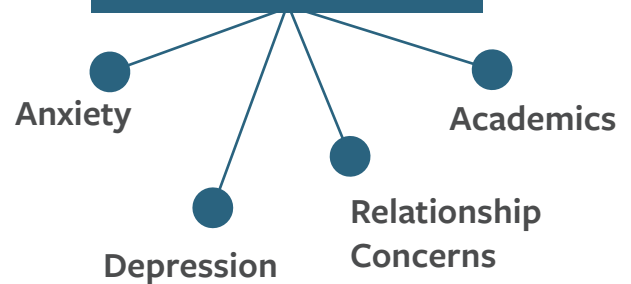
NATIONWIDE AGREEMENT ON THESE ISSUES

- 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



2004 UC GRADUATE STUDENT SURVEY



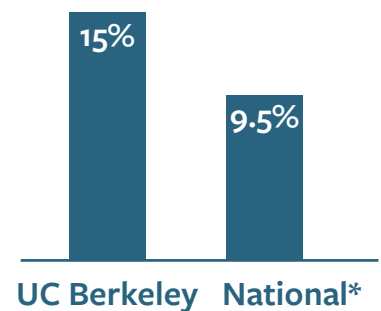
2 out of 3 students felt hopeless at times

45%

reported emotional stress related problems that impacted their general well-being and academic performance

5500 students accessed Counseling & Psychological Services in 2013-14

Average number of students accessing counseling centers:



*National average of colleges our size

GRAD STUDENT HAPPINESS & WELL-BEING

Graduate Student Happiness & Well-Being Report, 2014

TOP PREDICTORS OF SATISFACTION WITH LIFE

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



Living Conditions



Career Prospects



Financial Confidence

TOP PREDICTORS OF DEPRESSION

A validated measure of negative function used in psychiatric epidemiology.



Sleep



Overall Health



Academic Engagement

Berkeley
UNIVERSITY OF CALIFORNIA

