



## 30% of LGBTQIA+ College Students Have Considered Dropping Out Due to Mental Health

*Majority Say Their Mental Health Has Worsened Since They've Been in School*

**June 9, 2022 (Seattle, WA)** - According to a new survey from BestColleges.com, 30% of LGBTQIA+ undergraduate students have considered dropping out of college due to mental health. The survey of 308 LGBTQIA+ students currently enrolled in a bachelor's or associate degree program found that the majority (58%) say their mental health has worsened since starting college.

Click here for more information:

<https://www.bestcolleges.com/research/lgbtq-mental-health/>

The overwhelming majority of LGBTQIA+ college students (92%) report that their mental health status has negatively impacted at least one aspect of their college experience. Students in this diverse group are most likely to report not taking good enough care of their basic needs (53%), a loss of interest in their studies or college life (49%), and feelings of isolation and inability to connect with others (46%).

When compared to students who identify as straight, LGBTQIA+ students are significantly more likely to say they've experienced symptoms of burnout (64% vs. 41%), depression (53% vs. 34%), self-doubt (63% vs. 45%), anxiety (66% vs. 49%), and hopelessness (46% vs. 29%) during the past year (responses of LGBTQIA+ respondents were compared to responses from 683 straight respondents). Almost a third (30%) say they have experienced thoughts of suicide within the past year, nearly double the percentage of straight students (16%).

"LGBTQIA+ college students have a unique set of mental health concerns that require school support from a place of understanding," said Jessica Bryant, analyst for BestColleges.com. "Colleges and universities' diversity, equity, and inclusion (DEI) training

for faculty and staff must include important details about this group's needs to strive towards improving the well-being of all students."

When asked who they consider to be part of their support system, the majority of LGBTQIA+ students include friends (66%), and they are much less likely to include parents or guardians than their straight peers (46% vs. 60%). An overwhelming majority of students from this diverse group (71%) have previously sought or are currently involved in mental health assistance programs or services, with the largest percentage of respondents seeking services outside of school (33%).

The most common barriers preventing LGBTQIA+ students from seeking mental health assistance include that it is cost prohibitive, not covered by health insurance, or other financial reasons (35%); difficulty getting an appointment, such as long wait times and complicated processes (29%); and lack of counselors with similar identities that they would feel comfortable talking to (29%).

## **Methodology**

The survey was conducted from April 28-May 3, 2022. Student respondents were fielded by Lucid LLC. Survey participants included 1,000 currently enrolled undergraduate students nationwide: 308 LGBTQIA+ students, 673 straight students, and 19 students who preferred not to report their sexual identity/orientation. Respondents were 18-26 years of age, enrolled at a college or university, and pursuing a bachelor's or associate degree. The respondents for the survey were screened by various quality checks, including systems like Relevant ID, and responses were manually reviewed to ensure consistency and accuracy.

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