35% of Undergrads Say Their School Should Acknowledge Student Mental Health

BestColleges.com Releases 2022 College Student Mental Health Report

July 22, 2022 (Seattle, WA) - According to a new report from BestColleges.com, 35% of college students say their school can better support their mental health by acknowledging their needs. The 2022 College Student Mental Health Report also reveals that while students are overwhelmingly aware (81%) that their college or university provides assistance programs and services, nearly one-quarter (23%) believe their institution is not doing enough to support student mental health.

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https://www.bestcolleges.com/research/college-student-mental-health/

The report includes feedback from 1,000 undergraduates currently enrolled in an associate or bachelor's degree program, exposing their perceptions and concerns about student mental health and wellness, school-sponsored mental health support services, and the continuing impact of COVID-19 on mental health.

Nearly half (46%) of college students rate their current mental health as fair or poor, and 1 in 5 (20%) of these students have sought out assistance through their school. The most common barriers preventing college students from getting mental health assistance include the perception that it is too expensive, not covered by health insurance, or that there are other financial barriers (28%); discomfort with taking the initiative to find support (25%); and difficulty making an appointment (23%). Of those who rate their mental health as fair or poor, 37% say finances are a barrier.

"Our findings uncover that the students who need the most support are not accessing the help available to them," said Megan Pietrucha, Psy.D., one of the report's authors and expert contributor for BestColleges.com. "If colleges and universities want to be proactive in the prevention and treatment of students' mental health symptoms, they must address

perceived barriers in their outreach efforts to students about supportive services and programs."

The biggest stressors that students say negatively impacted their mental health in the past year include academic pressure (52%), current events (38%) and financial difficulties (37%). When asked which mental health symptoms they experienced most days over the past year, students were most likely to say stress (66%), anxiety (54%), and self-doubt (50%). One in five (20%) have had thoughts of suicide.

According to students, other ways their schools can provide better mental health support include adding mental health days to the schedule that encourage a healthy school-life balance (42%), offering mental wellness activities and programming (32%), providing life skills classes (30%), and giving students the option to attend class online when experiencing mental health symptoms (29%).

"While it's no secret that the state of college students' mental health is concerning, it is time for institutional leaders to take action and integrate wellness into all academic and student life contexts," said Pietrucha.

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. 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.

About BestColleges.com

BestColleges.com empowers students to make smarter educational decisions and find schools that best fit their needs through proprietary research, user-friendly guides, and hundreds of unique college rankings. As a trusted education advisor, they also provide a

wide array of college planning, financial aid, and career resources to help students realize life goals and overcome educational challenges as they prepare for careers after college.