

## **Summary of TimelyMD Community College Student Survey to Assess Mental Health and Emotional Concerns Related to Basic Needs**

TimelyMD conducted a nationwide survey of college students enrolled at a community college to assess their prevalence of mental health and emotional concerns, especially relating to their ability to meet basic needs. The survey received nearly 900 responses; 80% of students were between the ages of 17 and 34 years old.

### **Questions and Summary Responses:**

- In the past 12 months, have you experienced emotional distress, stress, and/or anxiety due to a lack of basic needs, such as housing, food, technology, childcare or sibling care, etc?
  - 71%, Yes
  - 29%, No
- What are the causes of your emotional distress/stress and/or anxiety? (Select all that apply)
  - 56%, Financial issues
  - 38%, School
  - 33%, Lack of healthy, balanced diet
  - 31%, Family concerns
  - 30%, Relationship issues
  - 24%, Lack of available food resources
  - 24%, Lack of adequate housing
  - 19%, Lack of access to medical care
  - 18%, Lack of employment opportunities
  - 15%, Workplace or employment workload concerns
  - 14%, Lack of childcare
  - 12%, Personal security issues
  - 12%, Lack of reliable transportation
  - 10%, Inability to acquire needed medications
  - 9%, Access to needed technology
  - 3%, Other
- In the past 12 months, have you sought out any kind of emotional support (i.e. friend, family, campus counseling center, health coach, behavioral health specialist, psychiatrist) to manage stress and/or anxiety?
  - 63%, Yes
  - 37%, No
- What type of emotional support are you most likely to use to manage stress and/or anxiety?
  - 40%, Family
  - 35%, Friends
  - 9%, Campus counseling center
  - 7%, Psychiatrist
  - 5%, Behavioral health specialist

- 4%, Health coach
- What are the biggest barriers to accessing medical or mental health care that you need?  
(Check all that apply)
  - 37%, Lack of time
  - 31%, Not knowing where to go for services
  - 27%, Cost of care and/or treatment
  - 25%, Lack of transportation
  - 22%, Lack of availability when I have time
  - 22%, Location of services is inconvenient
  - 15%, Discomfort talking about medical/mental health needs
  - 13%, Prefer to handle medical/mental needs on own
  - 11%, Stigma
  - 7%, Other
  - 4%, Cultural/Religious beliefs
- In the past 12 months, have basic needs (i.e. housing, food, paying bills, childcare, etc.) been a challenge for you or your family?
  - 59%, Yes
  - 41%, No
- In the past 12 months, have you sought or used resources like a food pantry, transportation voucher, reduced price/free internet, affordable housing, etc.?
  - 52%, Yes
  - 48%, No
- What are the most pressing basic needs that you face?
  - 34%, Medical care
  - 33%, Mental health care
  - 20%, Access to adequate healthy food
  - 19%, Clothing
  - 18%, Adequate housing
  - 17%, Childcare
  - 16%, Transportation
  - 16%, Other
  - 9%, Access to clean water

### **Survey Demographics:**

#### Age Group:

- 32%, 17-20 years
- 34%, 21-24 years
- 14%, 25-29 years
- 10%, 30-34 years
- 4%, 34-39 years
- 5%, 40+
- 1%, Prefer not to answer

Gender Identity:

- 45%, Female
- 41%, Male
- 5%, Non-binary (Non-binary is a spectrum of gender identities that are not exclusively masculine or feminine—identities that are outside the gender binary.)
- 3%, Trans or Transgender (denoting or relating to a person whose sense of personal identity and gender does not correspond with their birth sex)
- 2%, None of the above
- 2%, Prefer not to answer
- 1%, Agender (denoting or relating to a person who does not identify themselves as having a particular gender)
- 1%, Genderfluid (denoting or relating to a person who does not identify themselves as having a fixed gender.)

Race/ethnicity:

- 35%, White
- 19%, Hispanic or Latino/a/x
- 16%, Black or African American
- 16%, Asian or Asian American
- 4%, Biracial or Multiracial
- 3%, American Indian or Native Alaskan
- 3%, Prefer not to answer
- 2%, Middle Eastern/North African (MENA) or Arab Origin
- 2%, Native Hawaiian or Other Pacific Islander Native
- 1%, Unknown/None of the above

Location of community college:

- 51%, Suburban
- 35%, Urban
- 14%, Rural