



Mental Health, Supreme Court Rulings Among College Students' Top Stressors

Summary Results

College students are facing significant stress and sleep deprivation as they prepare for the fall semester. Responses from 1,200 college students nationwide reflect an ongoing mental health crisis on campuses and sheds light on the top stressors students are currently facing, including major financial concerns. It is clear that students understand the connection between mental health and academic outcomes with a majority (64%) reporting they are more likely to stay enrolled and graduate if they have access to mental health resources.

As you head into the fall semester, are you experiencing any mental health issues, such as stress, anxiety, or depression?

- 68%, Yes
- 32%, No

How does your current level of stress/anxiety compare to this time last year?

- 41%, More stressed/anxious
- 44%, Same level
- 14%, Less stressed/anxious

What is causing you stress and/or anxiety right now? [Select all that apply]

- 55%, My mental health
- 40%, My physical health
- 32%, My finances/paying for college/student loan debt
- 31%, My academics
- 25%, Inflation/rising prices
- 21%, Career readiness/job market
- 20%, Family dynamics
- 19%, Mental health of friends/family
- 18%, Being away from friends/family at home
- 15%, Adjusting to college life (i.e. new place, new friends, new living situation)
- 13%, Mass shootings
- 12%, Climate change
- 10%, Racial inequity
- 10%, LGBTQ+ inequity

- 8%, Socioeconomic inequity
- 7%, Political division
- 2%, Other

How do you plan to cope with stress and/or anxiety this semester? [Select all that apply]

- 54%, Spending time or talking with friends (peer support)
- 44%, Spending time or talking with family (family support)
- 38%, Exercising
- 32%, Playing video games, watching TV, or movies
- 25%, Practicing mindfulness, breathing, and/or meditation
- 23%, Going to events or parties
- 19%, Spending time talking with faculty, coaches, or advisors
- 14%, Using in-person mental health counseling
- 13%, Using virtual mental health support (telehealth/teletherapy/virtual care app)
- 13%, Disconnecting from social media and news
- 4%, None of the above (I have no plan)
- 2%, Other

Do you intend to seek out any kind of emotional support (i.e. friend, family, campus counseling center, health coach, behavioral health specialist, psychiatrist) to manage your mental health this academic year?

- 66%, Yes
- 34%, No

Are you feeling stressed/anxious about repaying your student loan debt since the recent Supreme Court ruling on loan forgiveness?

- 60%, Yes
- 40%, No

Are you feeling stressed/anxious about the recent Supreme Court ruling on affirmative action/race in admissions?

- 53%, Yes
- 47%, No

What resources does your institution offer that you plan to use to reduce stress/anxiety this upcoming school year? [Select all that apply]

- 50%, In-person counseling/mental health support
- 33%, Virtual counseling/mental health support (teletherapy/virtual care app)
- 33%, Extracurricular activities (i.e. intramural sports, clubs)
- 32%, Wellness/self-care activities (i.e. meditation, yoga, mindfulness, apps)

- 30%, Peer-to-peer support resources
- 25%, Career resources (i.e. career center, resume reviewing services)
- 21%, Volunteering opportunities (on or off campus)
- 17%, Academic support services
- 2%, Other

How do you think mental health support services provided by your college or university impact your likelihood to graduate/get your degree?

- 64%, I am more likely to graduate/get my degree
- 22%, I am less likely to graduate/get my degree
- 14%, No impact at all

Does your college or university provide enough support for your mental health?

- 74%, Yes
- 26%, No

What resources does your institution NOT offer that you wish it did to help reduce stress/anxiety? [Select all that apply]

- 30%, Virtual counseling/mental health support (teletherapy/virtual care app)
- 26%, In-person counseling/mental health support
- 22%, None of the above
- 21%, Wellness/self-care activities (i.e. meditation, yoga, mindfulness, apps)
- 20%, Peer-to-peer resources
- 15%, Career resources (i.e. career center, resume reviewing services)
- 15%, Volunteering opportunities (on or off campus)
- 14%, Extracurricular activities (i.e. intramural sports, clubs)
- 11%, Academic support services
- 1%, Other

What letter grade would you give your mental health today?

- 20%, A
- 36%, B
- 32%, C
- 9%, D
- 3%, F

What letter grade would you give the mental health of your friends?

- 21%, A
- 44%, B
- 27%, C
- 6%, D
- 3%, F

How many hours of sleep do you get each night? (Approximately)

- 6%, Less than 3 hours
- 10%, 4 hours
- 15%, 5 hours
- 23%, 6 hours
- 20%, 7 hours
- 17%, 8 hours
- 6%, 9 hours
- 3%, 10 or more hours

Survey Demographics

Race/ethnicity [Select all that apply]:

- 8%, American Indian or Native Alaskan
- 15%, Asian or Asian American
- 6%, Biracial or Multiracial
- 24%, Black or African American
- 20%, Hispanic or Latino/a/x
- 2%, Middle Eastern/North African (MENA) or Arab Origin
- 2%, Native Hawaiian or Other Pacific Islander Native
- 40%, White
- 1%, Unknown/None of the above
- 2%, Prefer not to answer

Gender identity (How would you describe your gender identity?/How do you identify as?):

- 45%, Female
- 47%, Male
- 1%, Agender
- 2%, Trans or Transgender
- 2%, Non-binary
- 1%, Genderfluid
- <1%, Intersex
- 1%, Prefer not to answer
- <1%, Other

Which of these best describes your current sexual orientation?

- 7%, Asexual
- 12%, Bisexual
- 5%, Gay/Lesbian
- 64%, Heterosexual/Straight
- 3%, Pansexual
- 1%, Queer
- 6%, Prefer not to answer
- 1%, Other

The TimelyCare nationwide online survey was conducted in July 2023.