



MENTAL HEALTH MATTERS AMONG HIGH-ACHIEVERS



IN JANUARY 2019, ACTIVE MINDS AND NSCS SURVEYED 9,319 STUDENTS NATIONWIDE WITH A GRADE POINT AVERAGE OF 3.4 OR ABOVE AT U.S. COLLEGES AND UNIVERSITIES.

Suicide is the second leading cause of death among college students, and both suicide ideation and suicide attempts are on the rise among this population. Further, mental health issues are prevalent among young adults. Sometimes referred to as the "anxious generation," today's young people are actually much more likely to talk about mental health than their parents or grandparents. This generation is closer than ever to breaking the stigma around mental illness in a time when **only 44% of adults – and less than 20% of young adults – with diagnosable mental health problems receive the treatment they need.**



SURVEY OUTCOMES



High-achieving students are struggling.

91%

The vast majority of participants have felt **overwhelmed** by all they had to do in the last year.



2 out of 3

respondents experienced a **need for mental health services** in the last year, despite achieving a high grade point average

73%

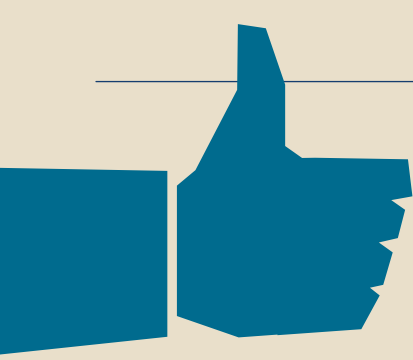
of respondents have **sought help from someone** in the last 12 months.



32% from a friend

16% from a professional

25% from a family member



90%

of participants think that therapy/counseling is helpful.

76%

of participants **know where to go** on campus if they need professional help.



46%

of respondents believe that "Most people **think less of a person** who has received mental health treatment."



High-achieving students are not going to advisors or professors for help. However, **they would like to.**

BARRIERS



Respondents identified the following **barriers to receiving services** (counseling, therapy, or medications) for mental or emotional health:



21%

preference to deal with issues on their own or with support from family/friends

17%

not enough time

13%

financial reasons

3%

difficulty finding an appointment

32%

no need for services

RECOMMENDATIONS FOR FACULTY AND ACADEMIC ADVISORS

Engage in a simple three-step conversation (V-A-R)

Validate

validate their experience (use phrases like "That makes sense." and "That sounds difficult.")

Appreciate

appreciate the student's courage for being open with you (i.e. "Thank you for sharing with me.")

Refer

refer them to the appropriate skills and support.

Normalize the need for help.

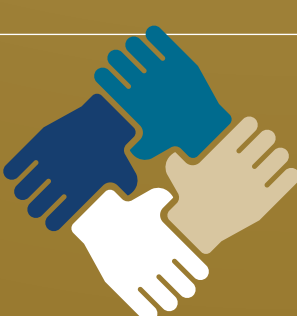
Mental health issues are common, especially among college students. The number one thing students say they value most in a professor is approachability.



Keep high-achievers on your radar.

Embed wellbeing concepts in your curriculum.

Advocate for more support.



Remember to practice your own self-care.

CONCLUSION

Students would like to go to their professors and academic advisors for help when they are struggling, but many do not yet feel comfortable doing so. Their recommendations indicate **a need for more support** – both from faculty and from their universities as a whole. Everyone plays a role in creating a supportive campus community, and you don't have to be an expert to help – **you just have to be there.**

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Active Minds is the nation's premier nonprofit organization supporting mental health awareness and education for young adults. Active Minds has a presence on over 700 colleges, universities, and high schools nationwide powered by our chapter network, Send Silence Packing® exhibit, and our Active Minds Speakers. The organization is dedicated to supporting a new generation in ending the silence and changing the conversation about mental health for everyone.

*Many of the questions used in the survey were adapted from the nationwide Healthy Minds Study.