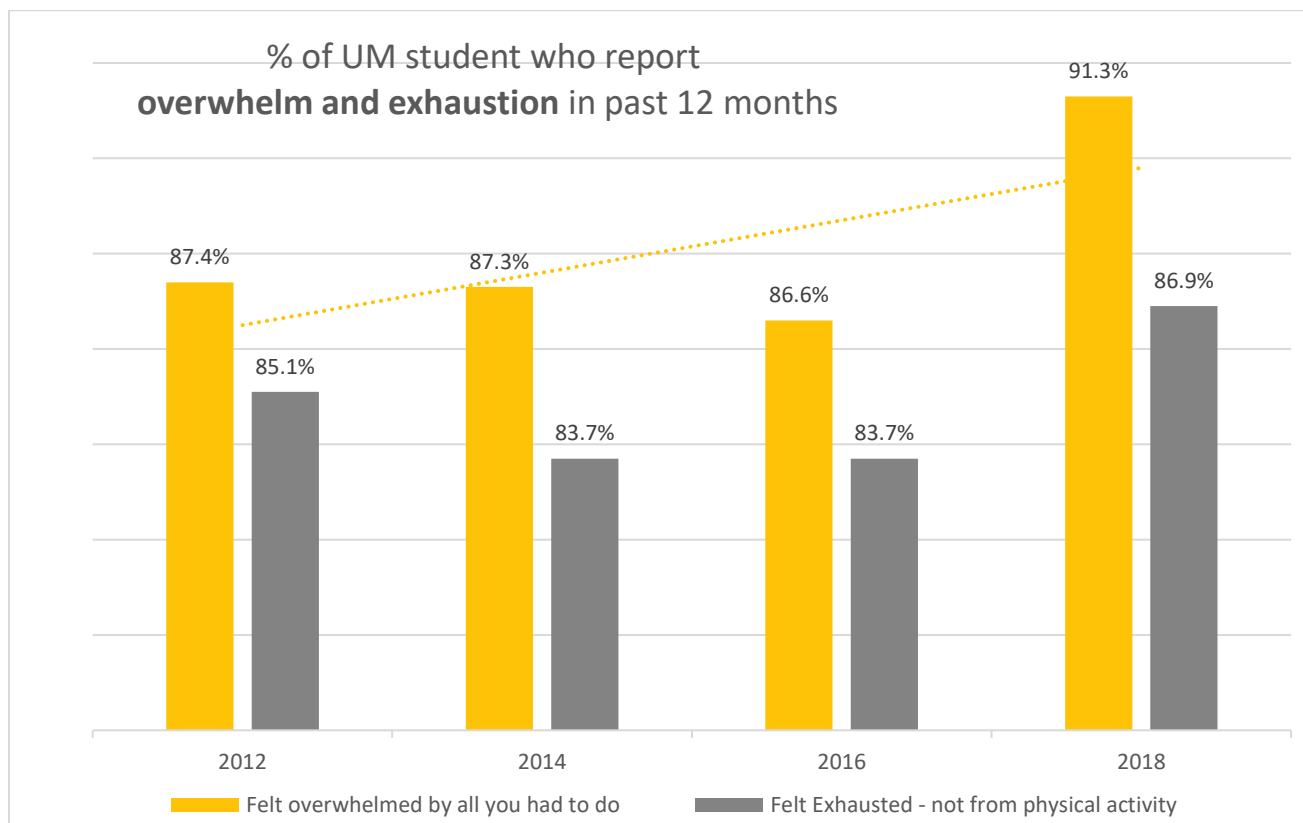
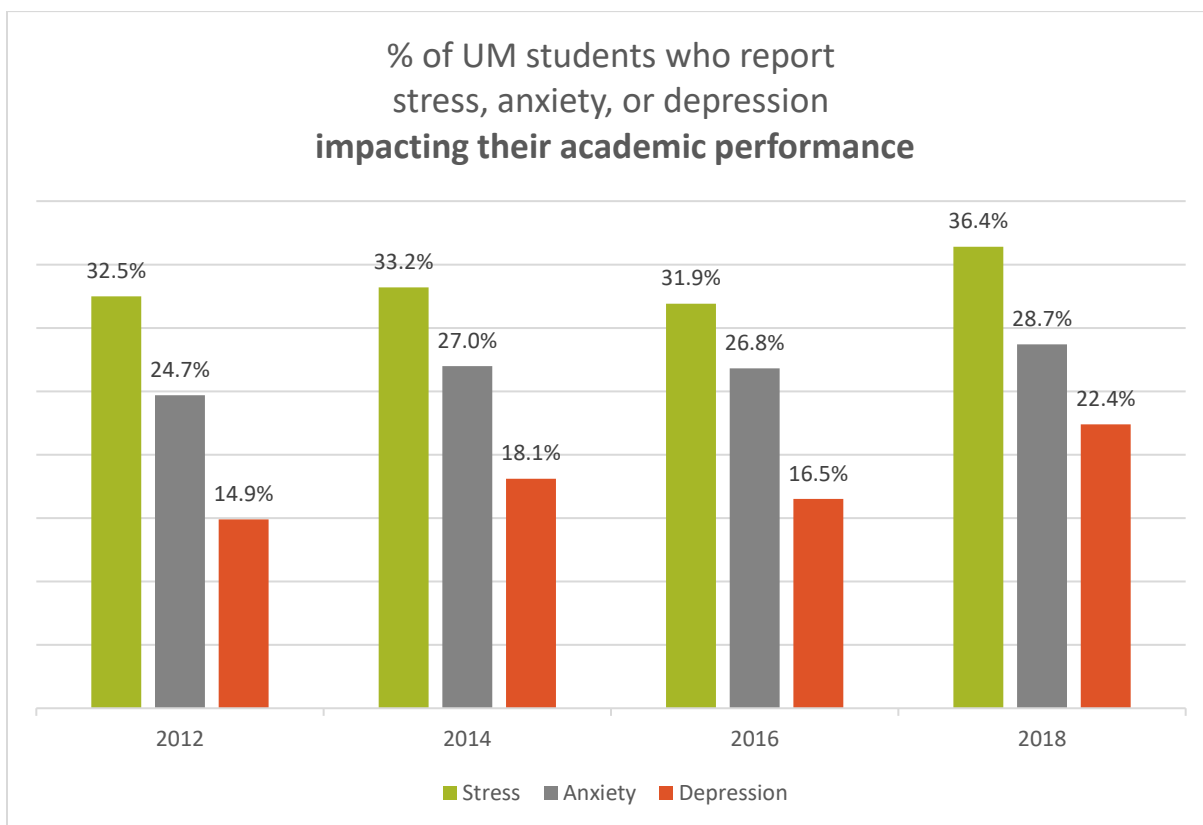


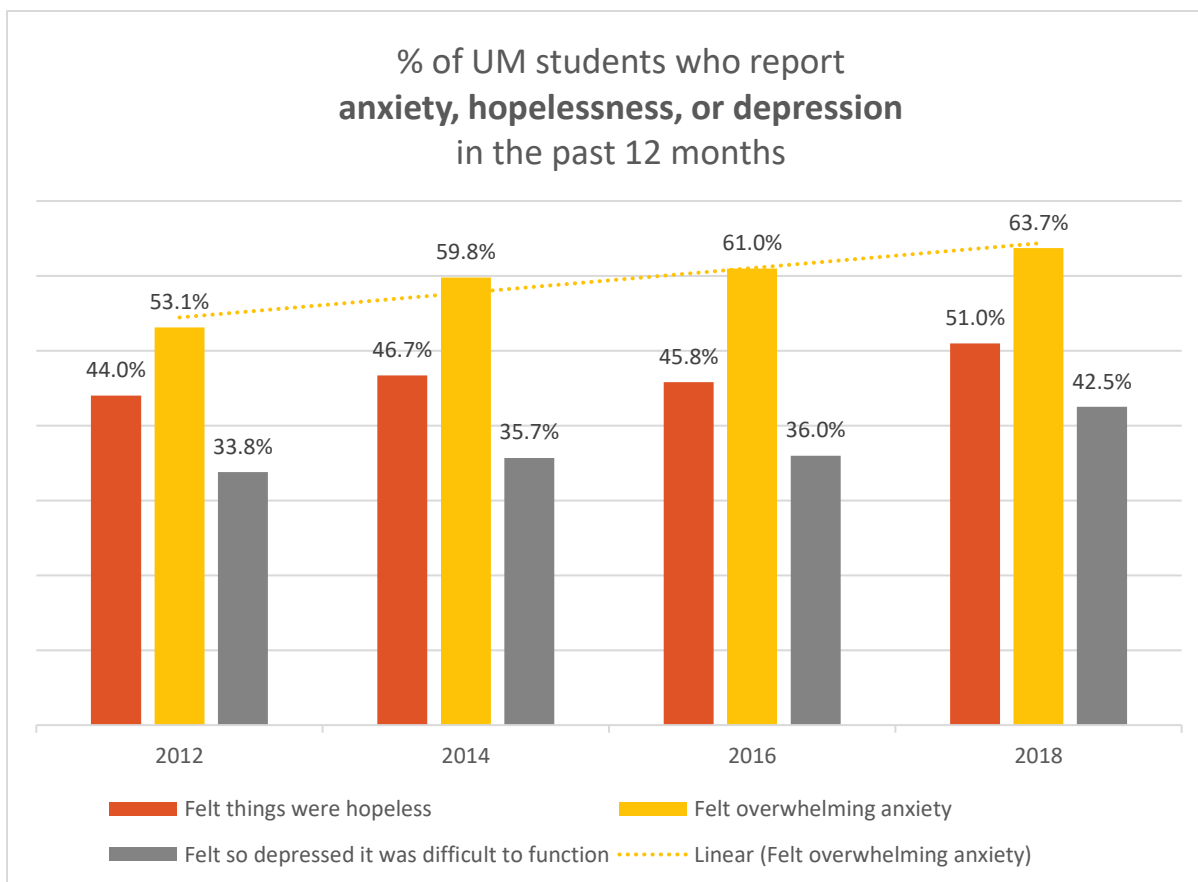
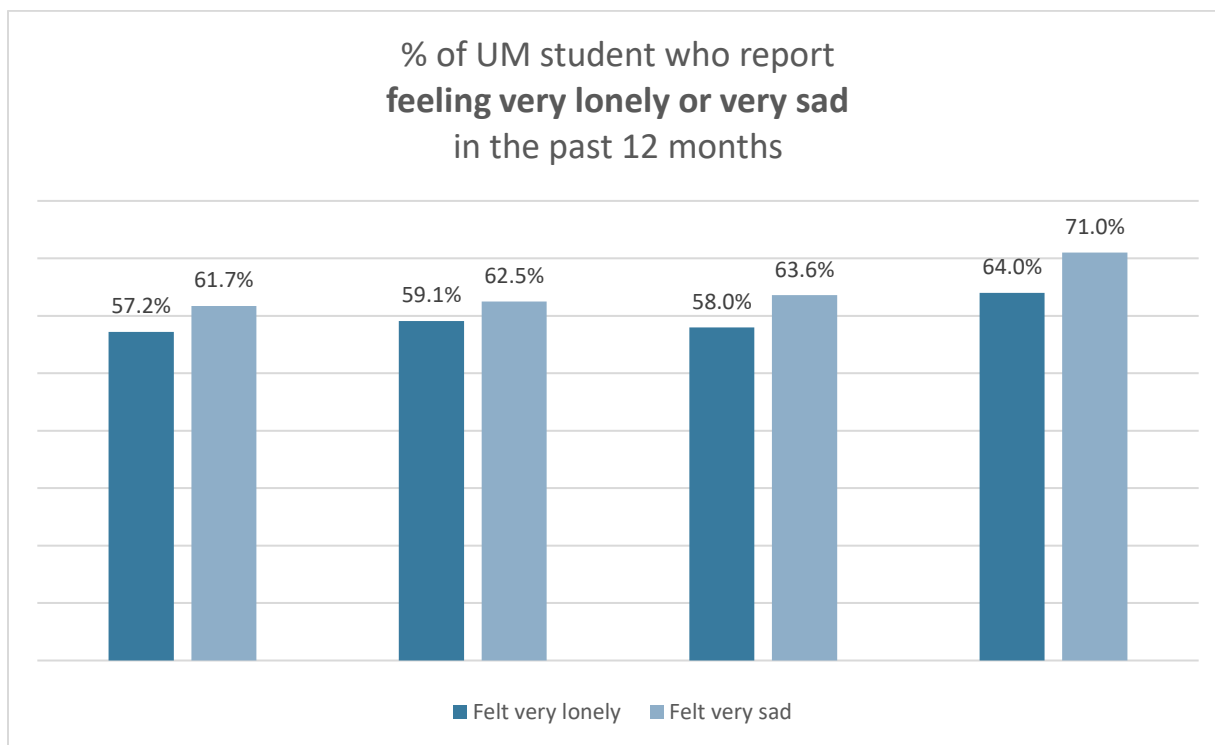
MENTAL HEALTH

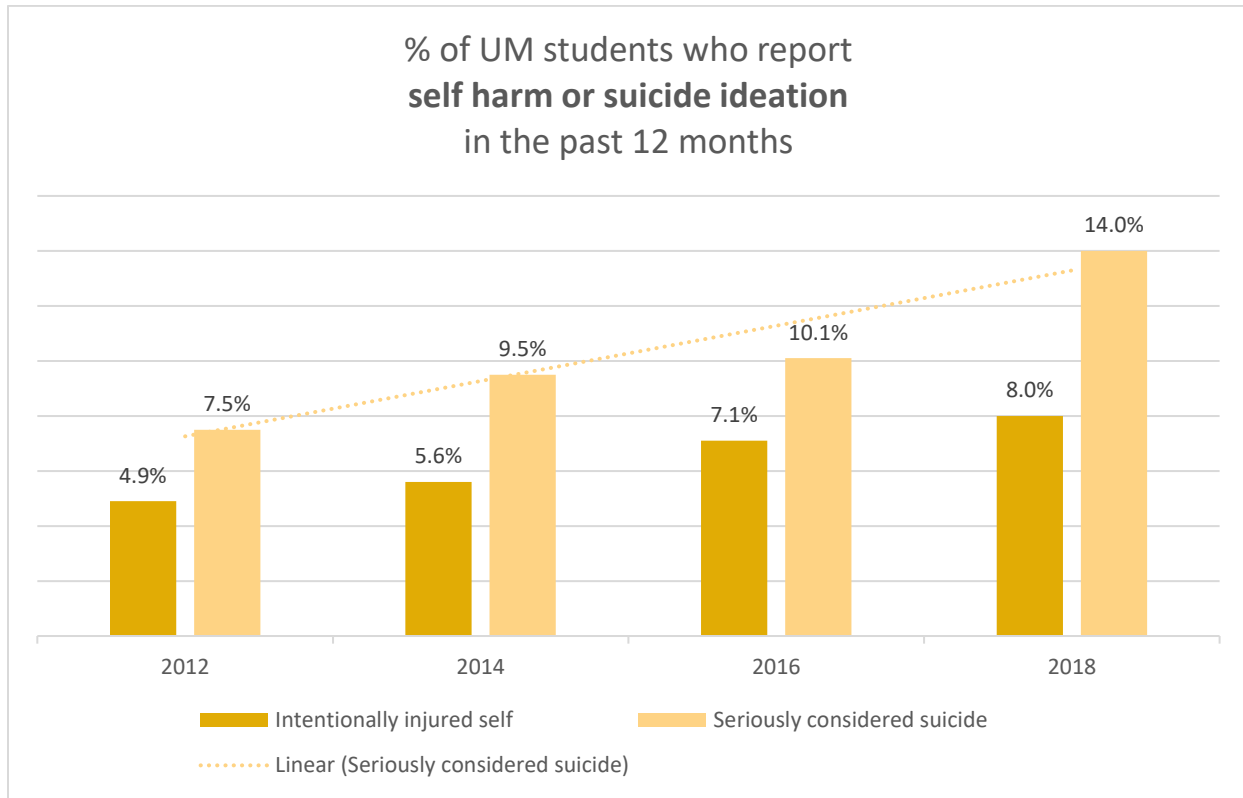
- More UM students are struggling with mental health and emotional well-being.
- More UM students are seeking mental health treatment with most UM students seeking treatment on campus.
- **71%** of UM students report feeling **very lonely** and **64%** report feeling **very sad**; an increase of 14%
- **64%** of UM students report feeling **overwhelming anxiety**; an increase of 20%.
- **91%** of UM students feel **overwhelmed by daily activities**.
- The number of UM students who report **seriously considering suicide** has **increased by 87%**.
- The number of UM students who **intentionally hurt themselves** has **increased by 63%**.

More UM students are struggling with mental health and emotional well-being. While stress holds relatively steady as the number one reported impediment to academic success, additional indicators of poor mental health show a worrisome upward trend.

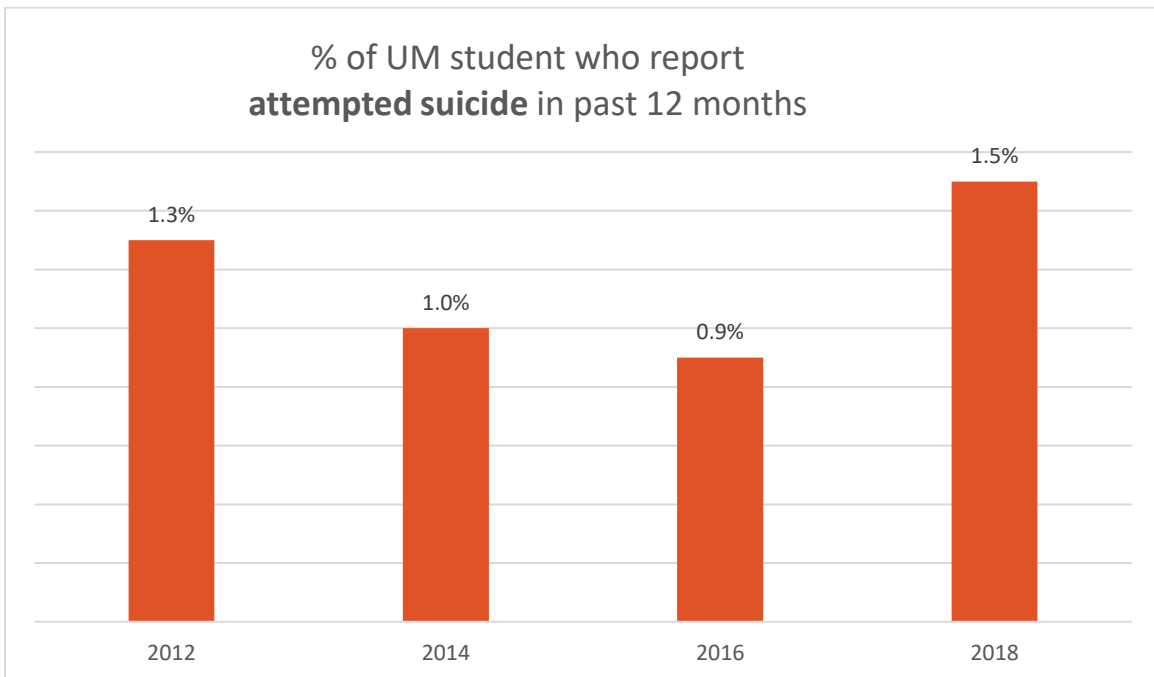


More of our students are reporting feeling very sad and lonely.

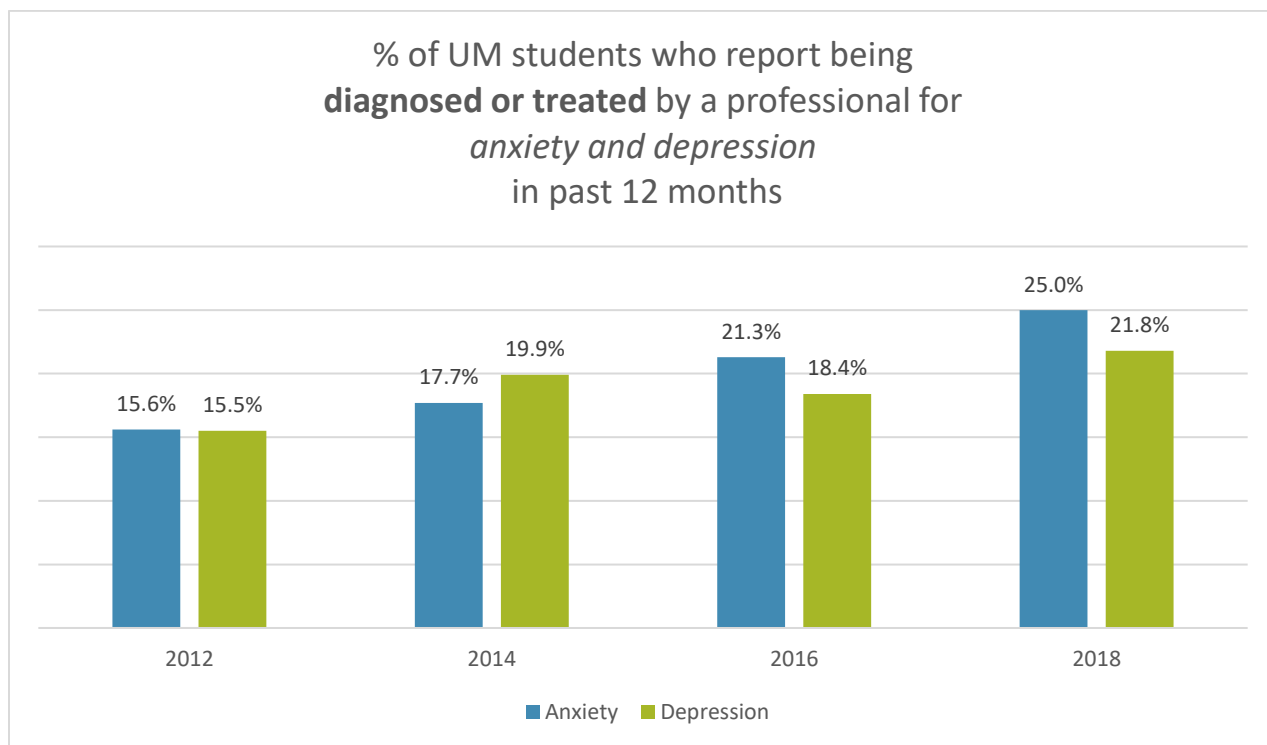




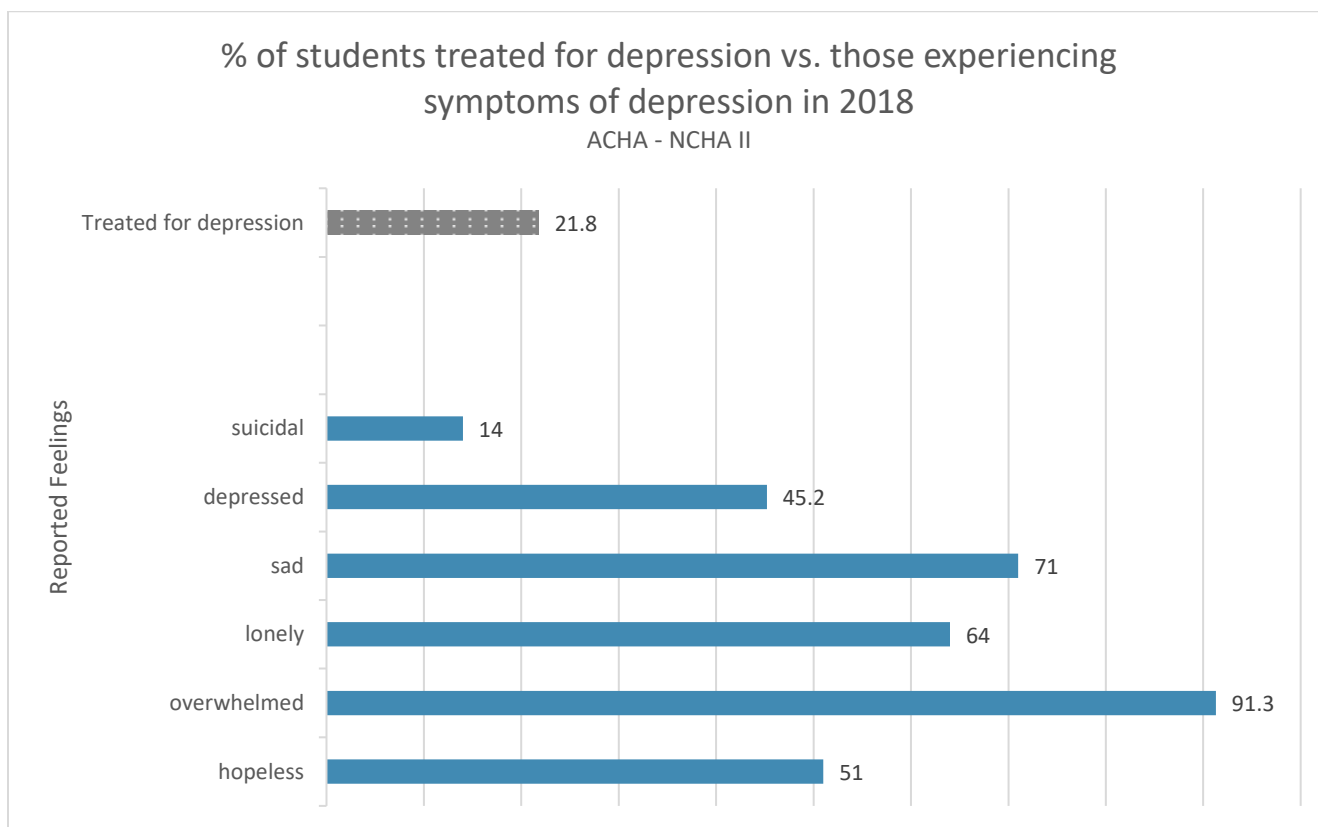
Suicide ideation and self-harm have nearly doubled in the past 6 years. However, the percent of student who report attempting suicide has not followed the same sharp increase.



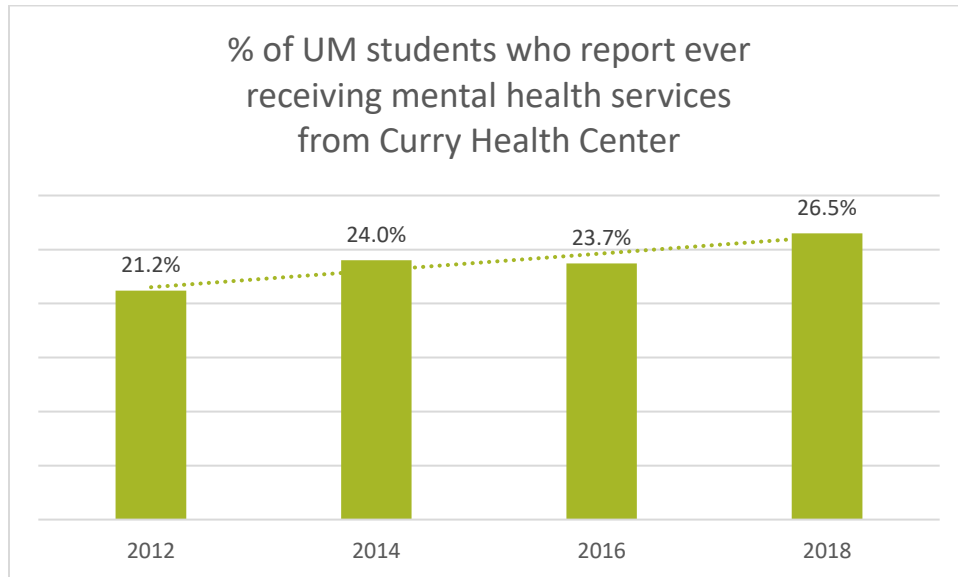
More students are seeking professional treatment for both anxiety and depression.



While more UM student are seeking help, the majority of students are not getting the treatment they need. For example, of the UM students who reported “feeling so depressed it was difficult to function” during the past 12 months, **57.5% of them were not treated or diagnosed by a professional.**



A greater percentage of the UM student population as a whole are seeking mental health services provided by Curry Health Center.



Curry Health Center provided help for over half of UM students who sought treatment for depression or anxiety in the previous 12 months.

