

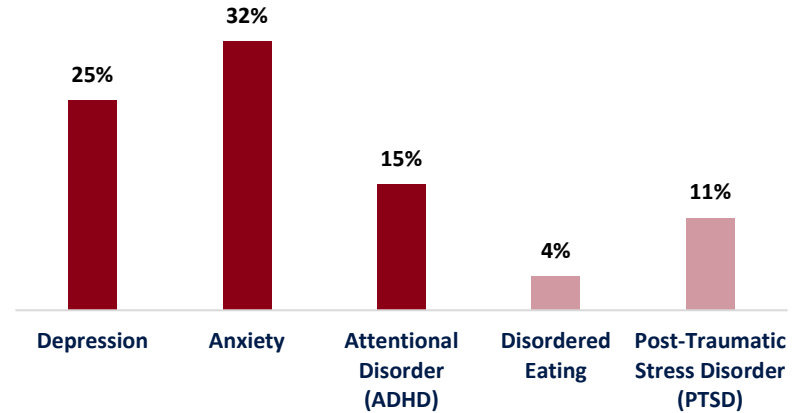
Mental Health Quick Look

Graduate Health and Wellness Survey 2025 (N= 316)

Key Insights:

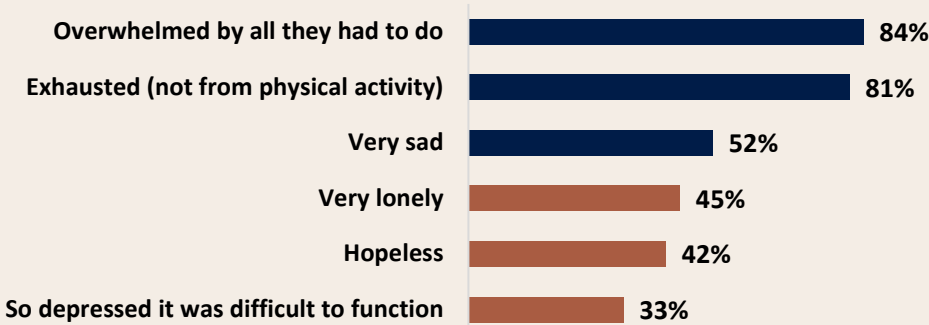
- ✓ **Majority of graduate students (90%)** have reported experiencing mental health symptoms since August 2024, including **exhaustion, overwhelming anxiety, sadness, and loneliness.**
- ✓ **58% of students** have reported experiencing **above average or tremendous stress** since August 2024.
- ✓ **70% of graduate students** reported that **anxiety or depression** made it somewhat or very difficult for them to engage with their **academic and/or social lives.**
- ✓ **65% of graduate students** have experienced **some barrier** preventing them from **seeking mental health services.**

% of students with mental health diagnoses:



Since August 2024, **55%** of graduate students have used **prescription medication(s)** for any mental health **diagnosis**

Select mental health symptoms reported by U of A students since August 2024:



35%

of U of A graduate students have **received counseling/therapy for mental/emotional health** in the past 12 months;

Among those, **11% of graduate students** received counseling/therapy at **Counseling & Psych Services (CAPS)**

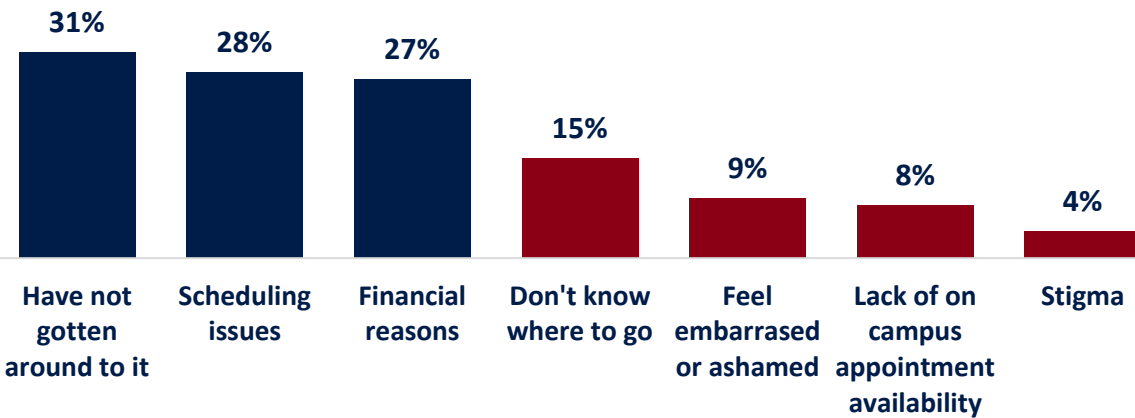
46% of graduate students indicated they have experienced **more than average stress** since August 2024



12% of students indicated they have experienced **tremendous stress** since August 2024

70% of graduate students reported that **anxiety or depression made it difficult** for them to **work, study, go to class or get along with other people**

Barriers that prevent graduate students from seeking mental health services:



72%

of students are aware that they can access **CAPS services virtually**



4.7% students reported **seriously considering suicide** since August 2024

0.3% students reported that they have **attempted suicide** since August 2024

Percentage of graduate students that are aware of/familiar with the following:

57%



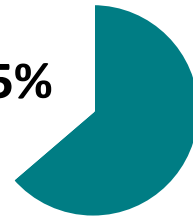
988 Suicide & Crisis Lifeline
(free to call or text 24/7)

44%



National Crisis Text Line
(741741)

65%



Suicide Prevention Resources

6% of students have used this crisis lifeline