

Mental Health Trends and Barriers Among First-Generation vs. Non-First-Generation Native American Students



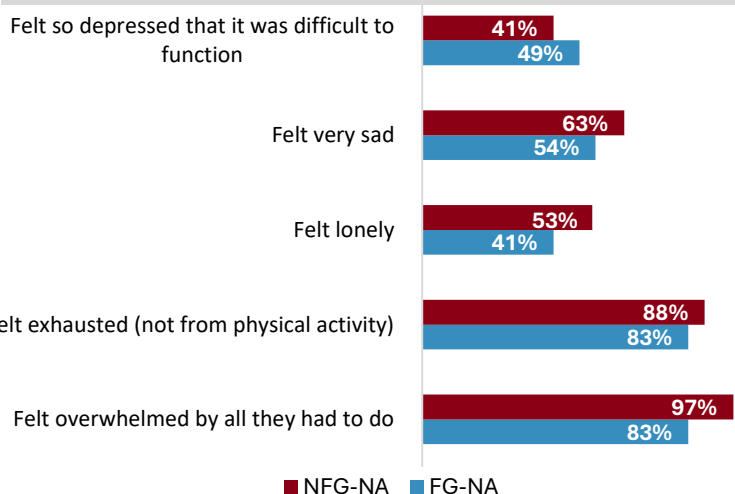
CAMPUS HEALTH

Health and Wellness Survey 2025 Native American Report n=134

Key Insights:

- Non-First Generation Native American Students (**NFG-NA**) are not accessing mental health services
- First Generation Native American students (**FG-NA**) are more likely to seek mental health support
- Non-First-Generation students have slightly higher rates of mental health symptoms compared to First Generation Student
- Non-First-Generation student experience barriers preventing them from seeking help

Experienced the following since August 2024



37%

of **NFG-NA** selected **NO** when asked **if in the future they were having a personal problem that was really bothering they would consider seeking help from a mental health professional**

34%

of **FG-NA** selected **YES** when asked **if in the future they were having a personal problem that was really bothering they would consider seeking help from a mental health professional**

Received counseling/therapy for mental or emotional health in the last 12 months

Yes, at CAPS (Counseling & Psych Services):

FG-NA - 7.3% **NFG-NA - 4.6%**

Yes, Off-Campus (Virtual and Remote):

FG-NA - 18% **NFG-NA - 13.8%**

No



FG-NA - 78.8% **NFG-NA - 81.9%**

1 in 2 FG-NA students have been diagnosed with depression

1 in 2 FG-NA students have been diagnosed with anxiety

2 out of 3 FG-NA students have been diagnosed with disordered eating



Main barriers preventing students from seeking help:



Financial reasons:

FG-NA - 45% **NFG-NA - 40%**

Stigma:

FG-NA - 11% **NFG-NA - 22%**

Lack of on campus appointment availability:

FG-NA - 0% **NFG-NA - 11%**