

How Many College Students Experience Mental Health Conditions?

In Spring 2023, the American College Health Association (ACHA) surveyed **over 55,000 undergraduate** students nationwide. Here's what they found:

For more information please visit malvernbh.com

More than

9 in 10

students



who face academic challenges say they affect their mental health.



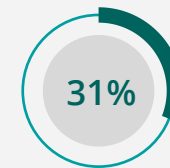
had experienced moderate to high stress levels within the last 30 days.



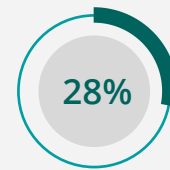
met the criteria for experiencing loneliness.



were diagnosed with anxiety.



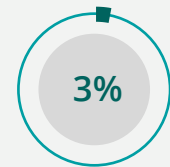
met the criteria for suicidal ideation.



were diagnosed with depression.



had intentionally injured themselves within the last year.



reported attempting suicide in the last year.



If anyone is having suicidal thoughts, they should get help immediately. **Contact the suicide hotline** for assistance (call or text 988), or call Malvern Behavioral Health (610-480-8919). We have staff available 24/7 to assist someone feeling depressed or having unsafe thoughts.