

As a university committed to the wellbeing and success of our students, Suffolk conducted a Healthy Minds Study in the Fall 2022 semester. The Healthy Minds Study is a national initiative from the [Healthy Minds Network](#). Suffolk administered this Study in conjunction with becoming a [JED Campus](#), a 4-year initiative aimed at strategically focusing our campus efforts regarding mental health awareness, suicide prevention, and referrals of students to support resources when needed.

The Healthy Minds Study was administered at Suffolk by the Mental Health Task Force, with considerable support from Counseling, Health, and Wellness (CHW) and the Office of Institutional Research and Assessment (OIRA). The goal of our participation in this study was to understand the student experience at Suffolk as it relates to students' mental health needs and utilization of services. Our aim is to use these data to focus enhancements made to student programming and resources on campus. In total, 1014 students participated in the Healthy Minds Study. Reflecting upon one's experiences with mental health can sometimes be difficult. We recognize this and want to express our gratitude to all of the students who participated in this study.

Below is a breakdown of the respondents:

Healthy Minds Study Respondents	Percent of Respondents	Respondents' Percent of Population
Undergraduate Students	62%	15%
Graduate Students	15%	18%
Law Students	20%	16%
PhD Students/Other*	3%	N/A

** Other included students who identified as associate's degree students or non-matriculated students. Because the number of respondents was so low, their responses are not extrapolated in the summary.*

With 1014 responses, we met the national average for the Healthy Minds Study participation at other colleges and universities. The responses are sufficient to be confident that they broadly represent the overall student population at Suffolk. Not uncommon in surveys such as these, when data is disaggregated into demographic subpopulations, the responses become smaller in number and must be interpreted in a more careful, nuanced manner. For this reason, we have included initial information by demographic group in an Appendix below. Additionally, we aim to share this information through in-person discussions and presentations with various student groups and other audiences so that the information can be contextualized and better understood with input directly from students.

The Healthy Minds Study seeks to understand a wide-range of topics related to student well-being including help-seeking behaviors, stigma associated with mental health, and the prevalence of mental health concerns and barriers to accessing care and support. The Healthy Minds Study asks questions about sleep, eating and body image, mental health symptoms, campus climate, resilience and coping, peer support and past utilization of care, overall health, and more. With over 1000 students participating, there is a lot of data to review and understand. As we work with partners in CHW and OIRA to further understand the data and its nuances, there is some preliminary information we would like to share with the Suffolk community. Although these data are representative of the student population, it is important to note that participants could skip any of the questions in the survey, so the total number of responses for each question varies.

[Depression and Anxiety](#)

At Suffolk and across colleges and universities nationally, depression and anxiety are the most commonly reported mental health challenges. The 2022 Healthy Minds National Report revealed that 40% of the surveyed college population (n=76,406 both undergraduate and graduate) were experiencing moderate to severe symptoms of depression in the last two weeks. According to the Healthy Minds responses for Suffolk, 42% of Suffolk students reported moderate to severe symptoms of depression in the last two weeks.

Percentage of Students Reporting Moderate or Severe Symptoms of Depression		
	Moderate	Severe
Suffolk Students [^]	20%	22%
National Context*	20%	20%

[^]As reported by Suffolk students

*The National Context Average reflects how Suffolk students compare to the national Healthy Minds data.

In terms of anxiety, the 2022 Healthy Minds National Report found that approximately 36% of the students reported moderate to severe symptoms of anxiety over the past two weeks. Suffolk's Healthy Minds data revealed that about 40% of respondents reported moderate to severe symptoms of anxiety.

Percentage of Students Reporting Moderate or Severe Symptoms of Anxiety		
	Moderate	Severe
Suffolk Students	19%	21%
National Average	17%	19%

Suffolk students report depression and anxiety consistent with national trends, reflecting the ongoing needs of this generation for support.

Suicidal Ideation

Suicidal ideation includes thoughts of ending one's life. Ideation does not always include behaviors associated with creating a plan or attempting suicide. While most students are not thinking of ending their life, it is important to acknowledge those who reported ideation within the last year. Part of suicide prevention is talking about suicide.

Percentage of Students who Reported Suicidal Ideation within the Last Year	
Suffolk Students	12%
National Average	14%

Academic Impact

As educators and members of an academic institution, understanding the extent to which students' mental health may be impacting their academic performance is highly relevant to our mission and values. Our Healthy Minds Study revealed that more than half of all students (54%) indicated their quality of emotional or mental health had a negative impact on their academic performance three or more days out of the last month, compared to 45% of respondents from the 2022 Healthy Minds National Report.

Percentage of Students who Reported their Emotional or Mental Health Negatively Impacted their Academic Performance Three or More Days within the Past Four Weeks	
Suffolk Students	54%
National Average	45%

Everyone at Suffolk can play a role in connecting students with resources; increasing training for faculty, staff and students in resource awareness and knowledge about mental health is foundational to ensuring students have support when they need it.

Knowledge of Services

Most students at Suffolk know where to access mental or emotional health support.

Percentage of Students who Know Where to go to Access Mental Health Resources on Campus	
Suffolk Students	67%
National Average	64%

Even though the majority of students know where to access support, it is important that we continue to consistently

promote mental health services on campus through a variety of means to reach the widest possible audience of students. We want everyone to know where to go when they need support.

Perceived Need for Help and Service Utilization

The Healthy Minds Study asked respondents to reflect upon their perceived need for help with their emotional or mental health within the past 12 months. In addition, students were asked about service utilization. The tables below show these data:

Percentage of Students who Reported Needing Help for Emotional or Mental Health Problems within the Past 12 Months	
Suffolk Students	64%
National Average	57%

Percentage of Students Who Reported Ever Receiving Counseling or Therapy	
Suffolk Students	57%
National Average	53%

It is important to note that of the 57% of Suffolk students who reported ever receiving Counseling or Therapy, only 23% were currently receiving counseling or therapy. Continuing to understand and address barriers to treatment is important.

Barriers to Care

Understanding reasons why students may not access care and support is essential. Our Mental Health Task Force, along with Counseling, Health, and Wellness, will review these in more detail, particularly by demographics, and devise specific steps to address these reasons.

Most Common Reasons Students Reported for Not Accessing Services (counseling, therapy, medication) for their Mental or Emotional Health	
Suffolk Students	National Healthy Minds Data
Not enough time (38%)	Not enough time (24%)
Financial Reasons (29%)	Financial reasons (21%)
Difficulty Finding Available Appointment (26%)	Prefer to deal with issues on my own (21%)
Not sure where to go (18%)	Not sure where to go (15%)
Prefer to deal with issues on my own (18%)	

Financial reasons included services were too expensive and/or not covered by insurance. Note that mental health services offered at Suffolk are free to enrolled students.

A campus community informed and aware of campus mental health resources and services is important to address many of the barriers identified above.

For more information about the Healthy Minds Study at Suffolk, please contact Stephanie Kendall at skendall@suffolk.edu. Information about the survey itself can be found on the [Healthy Minds Website](#).

*The Mental Health Task Force is a group of faculty and administrators who are working to promote mental health and wellbeing services, as well as suicide prevention, at Suffolk, in partnership with the JED Foundation, a national organization focused on mental health and suicide prevention. Learn more about JED [here](#).

The 2022 Healthy Minds National Report was retrieved from https://healthymindsnetwork.org/wp-content/uploads/2023/08/HMS_National-Report-2022-2023_full.pdf

APPENDIX

The tables below present initial information by demographic group. Not uncommon in surveys such as these, when data is disaggregated into demographic subpopulations, the responses become smaller in number and must be interpreted in a more careful, nuanced manner. National comparison data by demographic group is not included here. Going forward, we aim to review this information through in-person discussions and presentations with various student groups and other audiences so that the information can be contextualized and better understood with input directly from students.

Respondents Reporting Moderate or Severe Symptoms of Depression		
<i>Percent and number are provided</i>		
	Moderate	Severe
All Students	13% (139)	9% (92)
Bachelor's Students	14% (87)	10% (64)
Master's Students	12% (16)	8% (11)
JD Students	15% (30)	6% (13)
LGBTQIA + Students	17% (58)	12% (42)
Female	13% (104)	9% (71)
Male	13% (24)	6% (11)
Gender Non-Binary, Trans, or Queer Students	19% (11)	15% (9)
Asian Students	18% (17)	6% (6)
Black Students	4% (2)	4% (2)
Hispanic Students	12% (10)	11% (9)
White Students	13% (75)	9% (53)
Multiracial Students	18% (18)	10% (10)
International Students	14% (16)	10% (11)

Respondents Reporting Moderate or Severe Symptoms of Anxiety		
<i>Percent and number are provided</i>		
	Moderate	Severe
All Students	19% (197)	21% (220)
Bachelor's Students	19% (122)	23% (145)
Master's Students	16% (22)	20% (27)
JD Students	21% (43)	20% (40)
LGBTQIA+ Students	19% (65)	27% (92)
Female Students	19% (148)	21% (167)
Male Students	18% (33)	16% (30)
Gender Non-Binary, Trans, or Queer Students	25% (15)	37% (22)
Asian Students	17% (16)	20% (19)
Black Students	11% (5)	16% (7)
Hispanic Students	18% (15)	23% (19)
White Students	19% (112)	22% (127)
Multiracial Students	24% (24)	20% (20)
International Students	21% (23)	22% (25)

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Respondents with Suicidal Ideation within the Past Year
<i>Percent and number are provided</i>

All Students	12% (125)
Bachelor's Students	15% (94)
Master's Students	10% (14)
JD Students	6% (13)
LGBTQIA+ Students	21% (70)
Female Students	11% (84)
Male Students	13% (25)
Gender Non-Binary, Trans, or Queer Students	27% (16)
Asian Students	14% (13)
Black Students	11% (5)
Hispanic Students	11% (9)
White Students	12% (72)
Multiracial Students	12% (12)
International Students	12% (13)

Respondents who Reported their Emotional or Mental Health Negatively Impacted their Academic Performance Three or More Days within the Past Four Weeks <i>Percent and number are provided</i>	
All Students	54% (558)
Bachelor's Students	56% (358)
Master's Students	50% (68)
JD Students	54% (109)
LGBTQIA+ Students	61% (205)
Female Students	55% (428)
Male Students	48% (89)
Gender Non-Binary, Trans, Or Queer Students	68% (40)
Asian Students	51% (47)
Black Students	44% (20)
Hispanic Students	54% (45)
White Students	56% (323)
Multiracial Students	58% (59)
International Students	51% (57)

Respondents who Know Where to Go on Campus for Emotional or Mental Health Services <i>Percent and number are provided</i>	
All Students	67% (690)
Bachelor's Students	71% (451)
Master's Students	65% (89)
JD Students	62% (124)
LGBTQIA+ Students	68% (229)
Female Students	68% (533)
Male Students	59% (111)
Gender Non-Binary, Trans, or Queer Students	77% (45)
Asian Students	67% (62)
Black Students	62% (28)
Hispanic Students	65% (55)
White Students	68% (393)
Multiracial Students	73% (74)
International Students	62% (69)

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Respondents who Reported Needing Help for Emotional or Mental Health Problems within the Past 12 Months	
<i>Percent and number are provided</i>	
All Students	64% (663)
Bachelor's Students	67% (423)
Master's Students	61% (83)
JD Students	64% (128)
LGBTQIA+ Students	74% (250)
Female Students	65% (507)
Male Students	54% (102)
Gender Non-Binary, Trans, or Queer Students	88% (52)
Asian Students	56% (52)
Black Students	53% (24)
Hispanic Students	58% (49)
White Students	68% (394)
Multiracial Students	68% (59)
International Students	61% (68)

Respondents who Reported Ever Receiving Counseling or Therapy	
<i>Percent and number are provided</i>	
All Students	57% (586)
Bachelor's Students	58% (365)
Master's Students	48% (66)
JD Students	63% (126)
LGBTQIA+ Students	69% (233)
Female Students	58% (456)
Male Students	42% (79)
Gender Non-Binary, Trans, or Queer Students	85% (50)
Asian Students	42% (39)
Black Students	47% (21)
Hispanic Students	51% (43)
White Students	65% (379)
Multiracial Students	60% (61)
International Students	35% (39)

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Common Reasons Respondents Reported for Not Accessing Services for their Emotional or Mental Health

Percent and number are provided

	Financial Reasons	Not Enough Time	Not Sure Where to Go	Difficulty Finding an Appointment	Prefer to Deal with it Alone	People Providing Services Don't Understand Me	Fear of Being Mistreated Due to my Identity/Identities
All Students	29% (145)	38% (191)	18% (92)	26% (130)	18% (90)	11% (57)	3% (17)
Bachelor's Students	26% (81)	36% (109)	19% (57)	26% (80)	20% (62)	12% (36)	4% (11)
Master's Students	23% (13)	32% (18)	12% (7)	21% (12)	18% (10)	9% (5)	5% (3)
JD Students	36% (43)	46% (56)	19% (23)	28% (34)	12% (15)	10% (12)	2% (3)
LGBTQIA+ Students	32% (64)	36% (73)	20% (40)	33% (67)	19% (38)	15% (30)	7% (14)
Female Students	27% (105)	37% (147)	16% (63)	23% (89)	19% (76)	12% (46)	1% (5)
Male Students	27% (17)	38% (24)	22% (14)	30% (19)	17% (11)	8% (5)	5% (3)
Gender Non-Binary, Trans, or Queer	50% (22)	43% (19)	34% (15)	50% (22)	7% (3)	14% (6)	20% (9)
Asian Students	30% (9)	33% (10)	17% (5)	20% (6)	23% (7)	7% (2)	3% (1)
Black Students	13% (2)	13% (2)	13% (2)	13% (2)	31% (5)	13% (2)	6% (1)
Hispanic Students	42% (13)	39% (12)	19% (6)	32% (10)	10% (3)	6% (2)	3% (1)
White Students	28% (96)	38% (130)	19% (63)	27% (91)	17% (57)	12% (40)	4% (12)
Multiracial Students	26% (13)	48% (24)	18% (9)	24% (12)	14% (7)	18% (9)	4% (2)
International Students	31% (11)	34% (12)	14% (5)	20% (7)	31% (11)	6% (2)	0% (0)