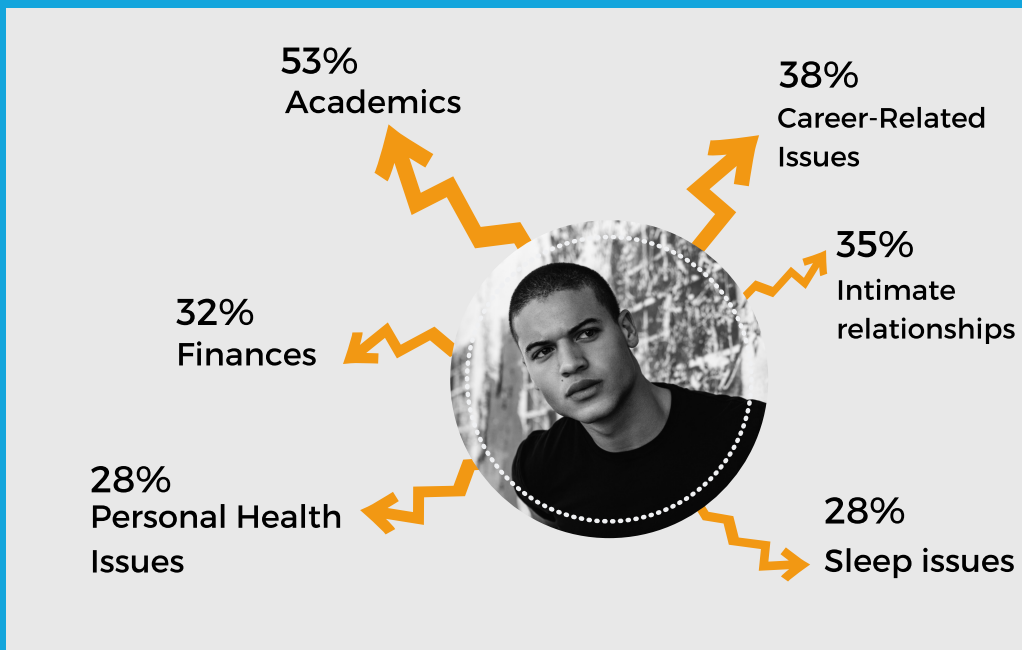


CAMPUS MENTAL HEALTH REPORT: GRADUATE STUDENTS



Mental health struggles affect academic performance and are more common than you might think. Learn how UCSC graduate students experience mental health issues* and how to help a student with mental health concerns.

During the past 12 months, surveyed UCSC grad students struggled with:



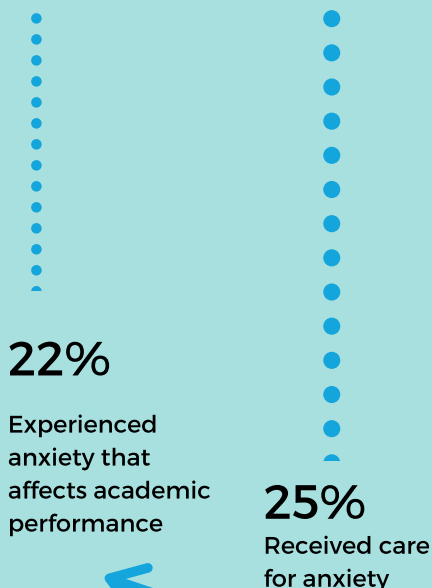
6
out of
10
reported
"Above
Average
Stress"
or
"Tremendous
Stress"

*Statistics from the ACHA-NCHA II Spring 2019 Report

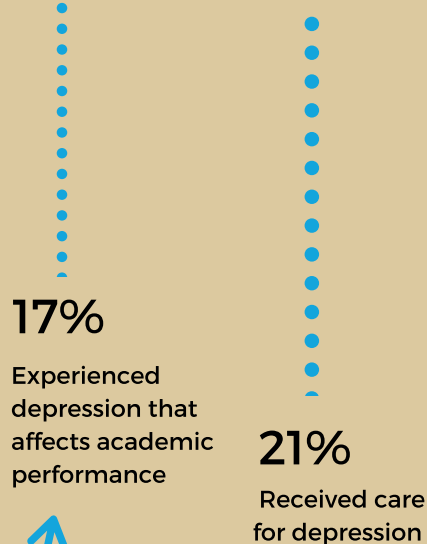
Mental Health Affects Academics

Surveyed UCSC grad students report their academic success was affected during the past 12 months by:

Anxiety

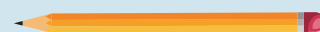


Depression



Both

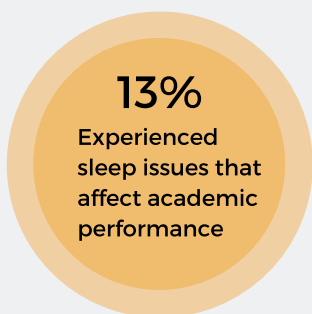
18% Received care for both depression & anxiety



27% Say stress affected their academic performance



This data might show that mental health care lessens the impact of anxiety and depression on academic success.



Mental health issues affected academic success more than medical concerns

Mental Health Issues are Common

Within the past 12 months, surveyed grad students felt:



Overwhelmed by all they had to do

88%



Very sad

70%



Overwhelming anxiety

64%



Very lonely

63%



Like things were hopeless

54%



So depressed it was difficult to function

44%



Overwhelming anger

27%



Serious about suicide

8%

CAPS Can Help Students



CAPS Stress Programs

Anxiety Toolbox Three-Part Series: Helps students better recognize their anxiety symptoms & learn strategies for coping & reducing anxiety

Mindfulness Meditation for Anxiety Group: Students learn & practice mindfulness meditation to tame automatic stress and anxiety reactions

Brief Therapy: Short-term one-on-one therapy with a CAPS mental health professional

Peer-led workshops: Stress Less, Test Anxiety



Counseling & Psychological Services (CAPS) services help students address their mental health concerns through:

- Brief therapy & psychiatry
- Crisis intervention
- Workshops
- Case management
- Off-campus referrals



Services specifically for graduate students:

- Drop-in "Let's Talk" sessions
- Psychotherapy groups



LOCATION

Student Health Center
East Wing, 2nd floor
Across from
Colleges 9 & 10

HOURS

M-F 8:00 am to 5:00 pm
(After-hours crisis services available)

CONTACT

(831) 459-2628
caps.ucsc.edu