

CAMPUS MENTAL HEALTH REPORT: UNDERGRADUATES

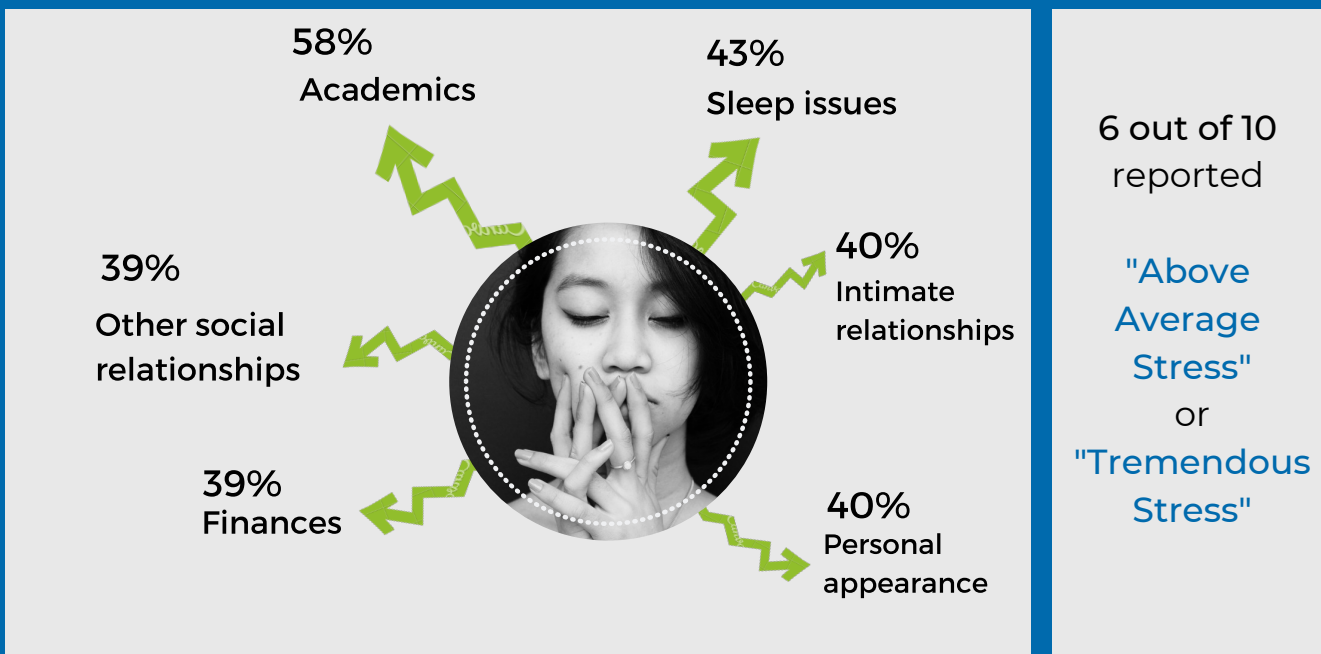
2017-2018



CAPS Peer Educators

Mental health affects academic performance and it's more common than you might think. Learn how UCSC students experience mental health issues* and how to help a student with mental health concerns.

During the past 12 months, surveyed students struggled with:

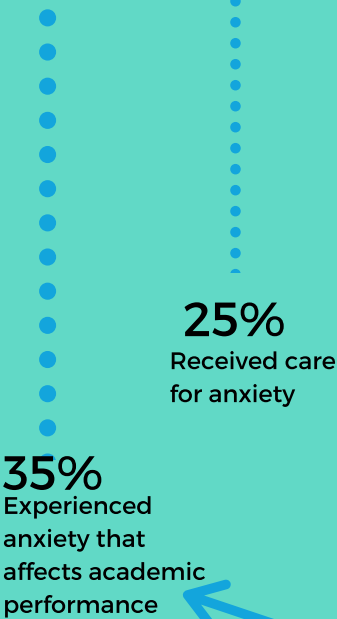


*Statistics from the ACHA-NCHA II Spring 2019 Report

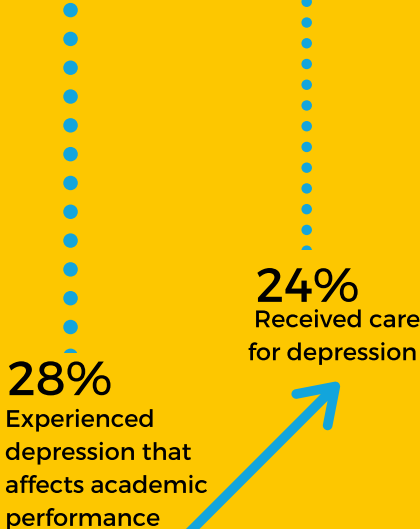
Mental Health Affects Academics

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

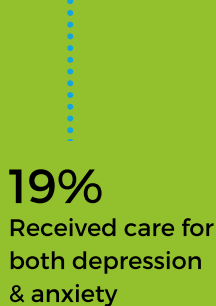
Anxiety



Depression



Both



41% Say stress affected their academic performance



Mental health issues affected academic success more than medical concerns

Mental Health Issues are Common

Within the past 12 months, surveyed students felt:



Overwhelmed by all they had to do

89%



Women reported this 11% more than men



Very sad

79%



Very lonely

77%



Overwhelming anxiety

72%



Women reported this 18% more than men



Like things were hopeless

67%



So depressed it was difficult to function

55%



Overwhelming anger

48%



Serious about suicide

17%

CAPS Can Help Students



CAPS Stress Programs

Anxiety Toolbox Three-Part Series: Helps you better recognize your anxiety symptoms and triggers and learn strategies for coping with and reducing your anxiety.

Mindfulness Meditation for Anxiety Group: Learn and practice mindfulness meditation to cultivate attention to the present moment and tame automatic stress and anxiety reactions.

Peer-led workshops: Stress Less, Test Anxiety



Counseling & Psychological Services (CAPS) helps students reach their best mental health.

CAPS services include:

- Counseling, Psychology, & Psychiatry
- Crisis Intervention
- Drop-in "Let's Talk" sessions
- Educational Groups
- Workshops
- Case Management
- Student Volunteer Groups



LOCATION

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

HOURS

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

CONTACT

(831) 459-2628

caps.ucsc.edu