

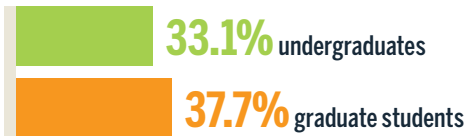
healthyhorns issues brief

Mental Health

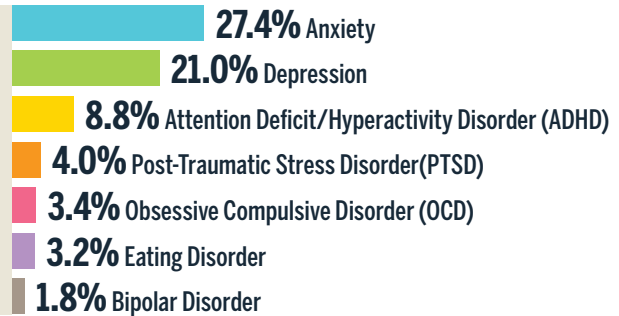
FALL 2021

Mental Health Diagnoses

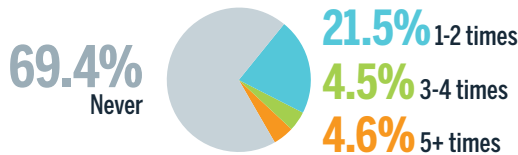
34.6% reported being diagnosed with a mental health condition at some point in their lives



Most Common Mental Health Diagnoses



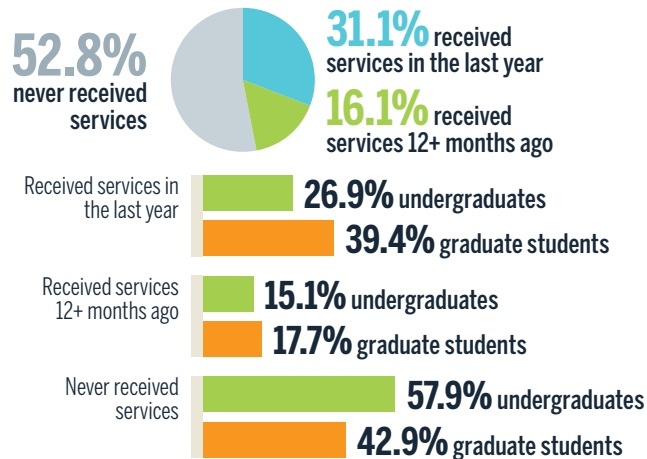
Suicidal Thoughts (in the last year)



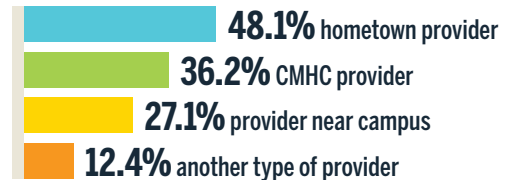
2.1% reported attempting suicide in the last year

CMHC 24/7 Crisis Line
512-471-2255 (CALL)

Mental Health Service Utilization*



In the last year, students received services from†



* Utilization of any mental health services, including in-person or telehealth services from CMHC or non-UT affiliated providers.
† Only includes students who received mental health services in the last year. More than one provider type can be selected.

Likelihood of Future Help-seeking

82.2% indicated that they would consider seeking help from a mental health professional in the future for a personal problem that was really bothering them

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University Health Services
Counseling and Mental Health Center
Longhorn Wellness Center
Division of Student Affairs

Data source is 2021 American College Health Association's National College Health Assessment (ACHA-NCHA III).
FIELD DATES: OCTOBER 24-NOVEMBER 21, 2021. Total of 682 respondents for a web survey among University of Texas at Austin students. Note: Graduate student category includes graduate and professional students.

