# healthyhorns issues brief **Mental Health**

#### **Mental Health Diagnoses** 32.7% reported being diagnosed with a mental health condition at some point in their lives **30.6%** undergraduates **39.6%** graduate students Suicidal Thoughts (in the last year) 21.4% 1-2 times 69.3% 3.9% 3-4 times Never CMHC 24/7 Crisis Line 5.4% 5+ times 512-471-2255 (CALL) **Mental Health Service Utilization\* 32.4%** received services in the last year 54.3% never received 13.3% received services services 12+ months ago Received services in **29.7%** undergraduates the last year 41.2% graduate students **12.3%** undergraduates Received services 12+ months ago 16.8% graduate students 50 A0/

Never received services

	<b>58.0%</b> undergraduates
42.	<b>0%</b> graduate students

## Most Common Mental Health Diagnoses

<b>25.6%</b> Anxiety	
20.2% Depression	
<b>8.4%</b> Attention Deficit/Hyperactivity Disorder (ADHD)	
<b>5.5%</b> Obsessive Compulsive Disorder (OCD)	
<b>5.1%</b> Post-Traumatic Stress Disorder (PTSD)	
<b>4.6%</b> Eating Disorder	
<b>1.5%</b> Bipolar Disorder	

1.9% reported attempting suicide in the last year

#### In the last year, students received services from<sup>†</sup>



\* Utilization of any mental health services, including in-person or telehealth services from CMHC or non-UT affiliated providers.

<sup>†</sup> 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

indicated that they would consider seeking help from a mental health professional 78.8% in the future for a personal problem that was really bothering them

## healthyhorns

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

Data source is 2023 American College Health Association's National College Health Assessment (ACHA-NCHA III).

FIELD DATES: OCTOBER 8-NOVEMBER 12, 2023. Total of 2,478 respondents for a web survey among University of Texas at Austin students. Note: Graduate student category includes graduate and professional students.

