SURVEY OUTCOMES

IN JANUARY 2019, ACTIVE MINDS AND NSCS SURVEYED 9,319 STUDENTS NATIONWIDE WITH A GRADE POINT AVERAGE OF 3.4 OR ABOVE AT U.S. COLLEGES AND UNIVERSITIES.

MENTAL HEALTH MATTERS AMONG HIGH-ACHEIVERS

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HIGH-ACHIEVING STUDENTS ARE STRUGGLING.

Students would like to go to their professors and academic advisors for help when they are struggling, but many do not yet feel comfortable doing so. Their recommendations indicate a need for more support—both from faculty and from their universities as a whole. Everyone plays a role in creating a supportive campus community, and you don't have to be an expert to help—you just have to be there.

High-achieving students are not going to advisors or professors for help. However, they would like to.

Recommendations for Faculty and Academic Advisors

Engage in a simple three-step conversation (V-A-R)

1. Validate their experience (let someone know that "That makes sense," and "That sounds difficult.")

2. Appreciate the student’s courage for being open with you (i.e. “Thank you for sharing with me.”)

3. Refer them to the appropriate skills and support.

CONCLUSION

The National Society of Collegiate Scholars is a registered 501(c)3 nonprofit, certified FERPA (Family Educational Rights and Privacy Act) compliant by the American Association of Collegiate Registrars and Admissions Officers, is certified by the Association of College Honor Societies and is a proud member of the National Orientation Directors Association and the American Association of Community Colleges.

Active Minds is the nation’s premier nonprofit organization supporting mental health awareness and education for young adults. Active Minds has a presence on over 700 colleges, universities, and high schools nationwide powered by our chapter network, Send Silence Packing® exhibit, and our Active Minds Speakers. The organization is dedicated to supporting a new generation in ending the silence and changing the conversation about mental health for everyone.

*Many of the questions used in the survey were adapted from the nationwide Healthy Minds Study.

The recent leading cause of death among college students, and both suicide ideation and suicide attempts are on the rise among this population. Mental health issues are present among young adults. Sometimes referred to as the "anxious generation," today's young people are much more likely to talk about mental health than their parents or grandparents. This generation is closer than ever before to breaking the stigma around mental illness in a time when only 44% of adults—and less than 20% of young adults—with diagnosable mental health problems receive the treatment they need.

Suicide is the second leading cause of death among college students, and both suicide ideation and suicide attempts are on the rise among this population. Mental health issues are present among young adults. Sometimes referred to as the "anxious generation," today's young people are much more likely to talk about mental health than their parents or grandparents. This generation is closer than ever before to breaking the stigma around mental illness in a time when only 44% of adults—and less than 20% of young adults—with diagnosable mental health problems receive the treatment they need.

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