Active Minds surveyed 2,086 college students regarding the impact of COVID-19 on their mental health in April 2020. Here is what we learned:

**THE NUMBERS BEHIND THE IMPACT OF COVID-19**

- 51% of college students say their mental health has significantly worsened under COVID-19.
- 80% of college students report that COVID-19 has negatively impacted their mental health.

**THE MOST COMMON WAYS THAT COVID-19 HAS IMPACTED STUDENTS’ LIVES**

- Stress or anxiety: 91%
- Disappointment or sadness: 88%
- Loneliness or isolation: 80%
- Financial setbacks: 76%
- Relocation: 63%

**SPENDING TIME TOGETHER**

- 25% say that focusing on school and work despite distractions has been the most difficult thing about the stay-at-home orders.

**MORE THAN HALF OF STUDENTS (55%) SAY THAT THEY WOULD NOT KNOW WHERE TO GO IF THEY OR SOMEONE THEY KNEW NEEDED PROFESSIONAL MENTAL HEALTH SERVICES RIGHT AWAY.**

**RESOURCES NEEDED**

- Increased academic support: leniency, accommodation, and flexibility
- More mental health resources: increased investment in counseling and coping resources
- Focus on soft skills: empathy, compassion, communication, understanding, and validation for the burdens students are experiencing
- More opportunities for social connection: replace canceled events, services, and classes with virtual ones
- Engage in long-term planning: colleges need to be prepared to help students deal with personal challenges they return to and also improve improved practices and protocols to more easily pivot to remote learning in case of another similar crisis.

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**According to students, the most important things for school leaders to be thinking about in the short term and long term for student mental health during and after the pandemic include:**

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