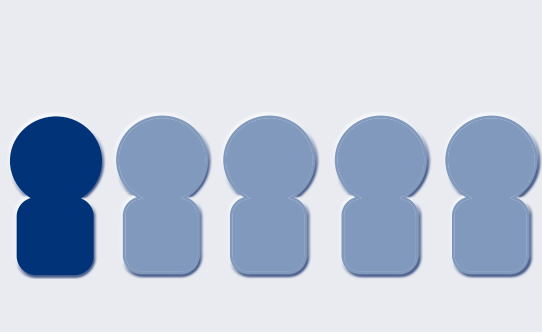


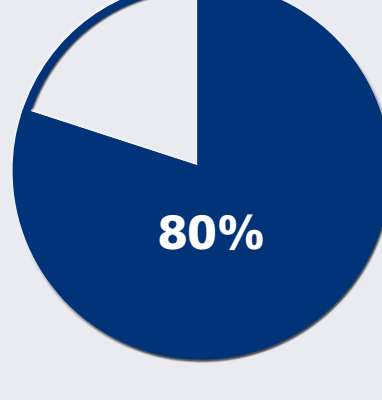
COVID-19 IMPACT ON COLLEGE STUDENT MENTAL HEALTH

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

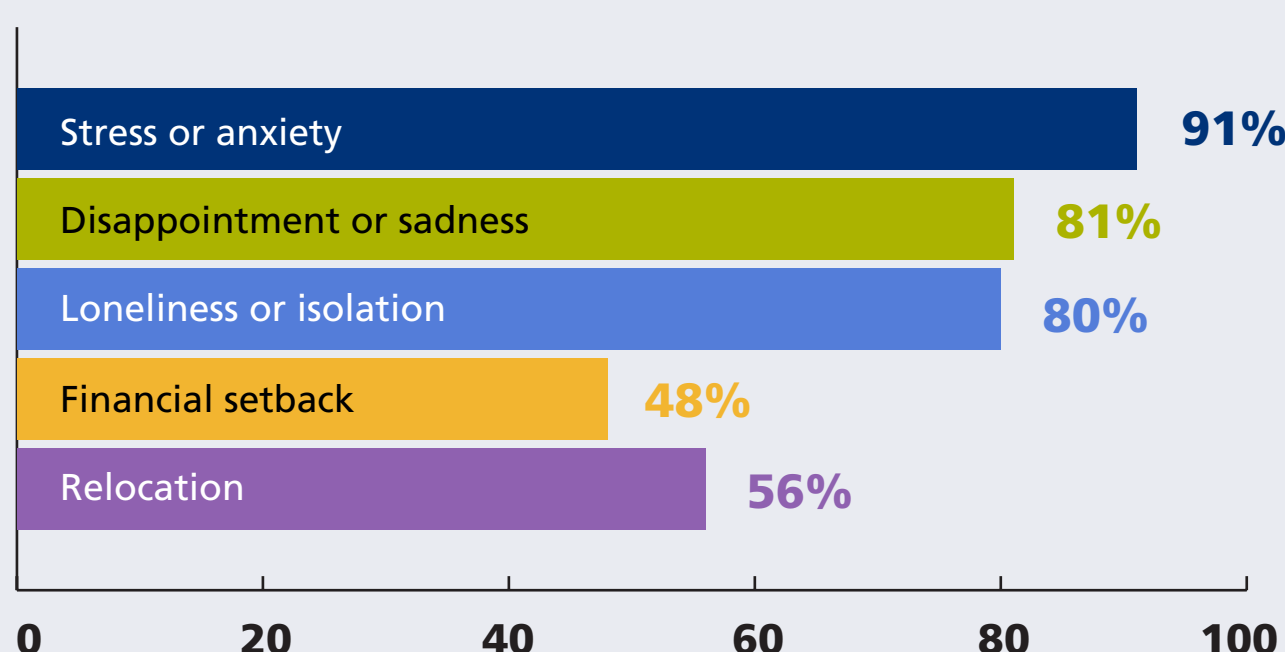


1 in 5 of college students say their mental health has significantly worsened under COVID-19.



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



SELF-CARE HAS BEEN CHALLENGING FOR COLLEGE STUDENTS



76% have trouble maintaining a routine



73% struggle to get enough physical activity



63% find it challenging to stay connected with others

SPENDING TIME TOGETHER



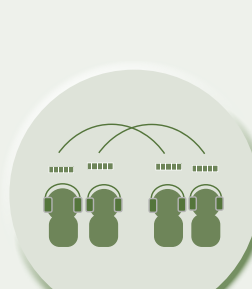
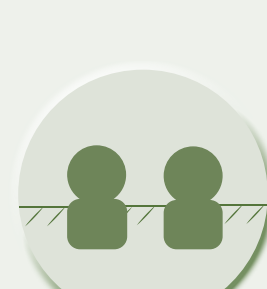
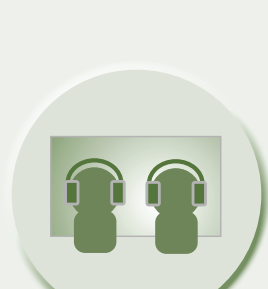
85% say that focusing on school and work despite distractions has been the most difficult thing about the stay-at-home orders.



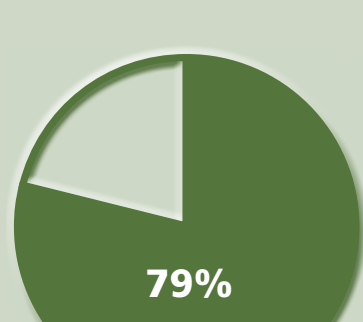
More than talking - especially about COVID-19 - students say the **#1** way parents can support them is simply spending time with them.

RESOURCE NEEDS

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.



Students are finding tools that promote social connection most helpful for caring for their mental health. These include video calls, digital social gatherings (i.e. games or Netflix watch parties), phone calls, and in-person conversations.



Despite COVID-19, **79%** of college students feel hopeful about achieving their school-related goals and their future job prospects.

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:

- **Increased academic support:** *Leniency, accommodations, 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 heal and recover when they return and put in place improved practices and protocols to more easily pivot to remote learning in case of another similar crisis.*