



## PUBLIC POLL FINDINGS AND METHODOLOGY

### College Student Fall Mental Wellness Survey: Total Students

Conducted by Ipsos and the College Student Mental Wellness Advocacy Coalition  
**A survey of currently enrolled college students (ages 18+)**

Interview dates: October 9 – November 17, 2023  
 Number of interviews: 24,791

*NOTE: All results show percentages among all respondents, unless otherwise labeled. Reduced bases are unweighted values.*

*NOTE: \* = less than 0.5%, - = no respondents*

### Topline findings

Q1. On a scale from 0 to 10 where 10 represents the best possible life for you and 0 represents the worst possible life for you. Which number represents how you personally feel at this time?

	Total Current Students	Men	Women	Non- Binary/Prefer to self- describe	White	Black	Hispanic	AAPI	Thriving	Maintaining	Struggling
Unweighted Base	24,791	7,346	16,673	772	14,550	2,979	4,135	3,827	11,047	3,028	494
0	*	*	*	1%	*	1%	*	*	-	-	7%
1	1%	1%	1%	1%	1%	1%	*	1%	-	-	12%
2	2%	2%	2%	3%	2%	2%	1%	2%	-	-	25%
3	4%	4%	4%	8%	4%	5%	4%	4%	-	-	35%
4	7%	6%	7%	13%	7%	9%	7%	7%	-	-	21%
5	11%	10%	12%	13%	11%	15%	11%	11%	-	50%	-
6	19%	17%	19%	22%	19%	19%	18%	17%	-	50%	-
7	25%	24%	26%	21%	25%	22%	25%	27%	44%	-	-
8	20%	22%	19%	11%	20%	15%	19%	21%	35%	-	-
9	7%	8%	7%	2%	8%	5%	7%	7%	14%	-	-
10	3%	4%	3%	1%	3%	5%	3%	3%	7%	-	-
Don't know	1%	1%	*	2%	*	1%	1%	1%	-	-	-
I prefer not to answer	1%	1%	*	2%	*	1%	1%	1%	-	-	-



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Q2. Using the same 0 to 10 scale, where 10 is your best life and 0 is your worst life, which number represents how you think you will feel in the future, say 5 years from now?

	Total Current Students	Men	Women	Non- Binary/Prefer to self- describe	White	Black	Hispanic	AAPI	Thriving	Maintaining	Struggling
Unweighted Base	24,791	7,346	16,673	772	14,550	2,979	4,135	3,827	11,047	3,028	494
0	*	*	*	1%	*	*	*	*	-	*	9%
1	*	*	*	1%	*	*	*	*	-	*	11%
2	*	1%	*	1%	*	1%	*	1%	-	1%	16%
3	1%	1%	1%	2%	1%	1%	1%	1%	-	2%	24%
4	2%	2%	2%	3%	2%	2%	2%	3%	-	6%	40%
5	4%	5%	4%	7%	4%	4%	5%	6%	-	13%	-
6	7%	7%	7%	13%	7%	6%	8%	9%	-	19%	-
7	16%	16%	16%	22%	17%	13%	15%	17%	-	60%	-
8	30%	28%	30%	25%	31%	24%	29%	28%	35%	-	-
9	24%	22%	25%	12%	25%	26%	23%	20%	43%	-	-
10	12%	13%	11%	4%	10%	20%	13%	10%	22%	-	-
Don't know	3%	3%	2%	7%	3%	3%	3%	3%	-	-	-
I prefer not to answer	*	1%	*	2%	*	1%	1%	1%	-	-	-



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Q3. Which of the following words or phrases best describes how you are feeling today? You can choose all that apply.

	Total Current Students	Men	Women	Non- Binary/Prefer to self- describe	White	Black	Hispanic	AAPI	Thriving	Maintaining	Struggling
Unweighted Base	24,791	7,346	16,673	772	14,550	2,979	4,135	3,827	11,047	3,028	494
Tired or exhausted	60%	51%	64%	73%	63%	53%	60%	60%	51%	70%	80%
Stressed out	49%	40%	53%	56%	53%	43%	48%	45%	38%	58%	75%
Anxious/worried	42%	33%	45%	50%	44%	35%	41%	40%	30%	52%	69%
Overwhelmed	40%	30%	44%	47%	42%	38%	39%	36%	30%	48%	64%
Thankful	36%	37%	37%	20%	35%	45%	38%	32%	49%	21%	6%
Have trouble concentrating	32%	27%	34%	45%	34%	26%	33%	31%	22%	42%	60%
Happy	32%	32%	32%	18%	34%	25%	31%	29%	48%	15%	4%
Hopeful	31%	34%	30%	24%	30%	36%	33%	29%	39%	21%	6%
Social/friendly	26%	26%	26%	20%	29%	19%	26%	23%	35%	18%	5%
Motivated/energized	21%	24%	19%	14%	21%	19%	21%	21%	30%	11%	3%
Lonely or Isolated	20%	21%	20%	28%	20%	21%	21%	19%	9%	29%	65%
Numb/not feeling much of anything	19%	21%	18%	33%	19%	20%	21%	21%	10%	29%	53%
Antisocial/do not want to be around people	18%	15%	19%	29%	18%	21%	17%	16%	10%	25%	47%
Frustrated	17%	16%	17%	25%	17%	18%	18%	17%	8%	23%	50%
Joyful	15%	17%	14%	6%	15%	16%	16%	15%	24%	6%	2%
Sad	12%	10%	13%	19%	12%	12%	13%	12%	4%	15%	52%
Angry	5%	4%	5%	7%	5%	5%	5%	4%	2%	5%	25%
Calm/ relaxed	*	*	*	1%	*	*	*	*	*	*	-
Sick	*	*	*	*	*	*	*	*	*	*	*
Content	*	*	*	*	*	*	*	*	*	*	-
Neutral/ indifferent	*	*	*	*	*	*	*	*	*	*	-
Unmotivated/ no energy	*	*	*	*	*	*	*	*	*	*	-
Curious	-	-	-	-	-	-	-	-	-	-	-
Other/something else	2%	3%	2%	4%	2%	3%	2%	2%	2%	2%	5%



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No answer	1%	1%	*	3%	1%	1%	1%	1%	*	*	1%
Nothing	*	-	*	-	*	*	-	-	-	-	-
Don't know	*	*	*	*	*	-	*	-	*	-	-

Q4. In the past month, how often, if at all, would you say that you feel each of the emotions listed below? - Happy

	Total Current Students	Men	Women	Non- Binary/Prefer to self- describe	White	Black	Hispanic	AAPI	Thriving	Maintaining	Struggling
Unweighted Base	24,791	7,346	16,673	772	14,550	2,979	4,135	3,827	11,047	3,028	494
Top 3 Box (Net)	92%	90%	93%	82%	93%	90%	92%	91%	98%	90%	47%
Top 2 Box (Subnet)	55%	54%	56%	32%	58%	48%	53%	50%	76%	32%	7%
All the time (5)	7%	8%	6%	3%	6%	9%	7%	6%	12%	2%	*
Often (4)	48%	46%	50%	28%	52%	39%	47%	44%	65%	30%	7%
Sometimes (3)	37%	36%	37%	51%	35%	41%	38%	41%	22%	58%	40%
Bottom 2 Box (Net)	8%	9%	6%	16%	7%	10%	8%	9%	1%	10%	52%
Rarely (2)	7%	8%	6%	14%	6%	9%	7%	8%	1%	9%	41%
Never (1)	1%	1%	1%	2%	1%	1%	1%	1%	*	1%	12%
Prefer not to answer	1%	1%	*	2%	*	1%	*	1%	*	*	1%



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Q4. In the past month, how often, if at all, would you say that you feel each of the emotions listed below? - Social/Friendly

	Total Current Students	Men	Women	Non- Binary/Prefer to self- describe	White	Black	Hispanic	AAPI	Thriving	Maintaining	Struggling
Unweighted Base	24,791	7,346	16,673	772	14,550	2,979	4,135	3,827	11,047	3,028	494
Top 3 Box (Net)	88%	86%	89%	80%	89%	83%	88%	86%	94%	84%	55%
Top 2 Box (Subnet)	49%	50%	49%	34%	51%	41%	49%	46%	63%	34%	13%
All the time (5)	9%	11%	8%	5%	9%	10%	10%	9%	13%	4%	2%
Often (4)	40%	39%	41%	29%	43%	32%	38%	38%	49%	29%	11%
Sometimes (3)	39%	36%	40%	46%	38%	42%	39%	40%	31%	50%	43%
Bottom 2 Box (Net)	12%	13%	11%	17%	10%	16%	12%	13%	6%	16%	44%
Rarely (2)	10%	11%	10%	15%	9%	14%	11%	11%	5%	14%	34%
Never (1)	1%	2%	1%	3%	1%	2%	1%	2%	*	1%	11%
Prefer not to answer	1%	1%	*	3%	*	1%	1%	1%	*	*	*



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Q4. In the past month, how often, if at all, would you say that you feel each of the emotions listed below? - Motivated/energized

	Total Current Students	Men	Women	Non- Binary/Prefer to self- describe	White	Black	Hispanic	AAPI	Thriving	Maintaining	Struggling
Unweighted Base	24,791	7,346	16,673	772	14,550	2,979	4,135	3,827	11,047	3,028	494
Top 3 Box (Net)	79%	82%	79%	60%	79%	79%	80%	81%	91%	69%	32%
Top 2 Box (Subnet)	32%	38%	30%	14%	32%	33%	32%	32%	48%	14%	6%
All the time (5)	4%	6%	3%	2%	3%	7%	4%	4%	7%	1%	1%
Often (4)	28%	32%	27%	12%	29%	26%	28%	27%	42%	13%	5%
Sometimes (3)	47%	44%	49%	47%	47%	47%	48%	49%	43%	55%	26%
Bottom 2 Box (Net)	20%	17%	21%	37%	21%	20%	20%	18%	8%	31%	67%
Rarely (2)	18%	15%	19%	33%	19%	18%	18%	16%	8%	28%	48%
Never (1)	2%	2%	2%	4%	2%	2%	1%	2%	*	2%	19%
Prefer not to answer	1%	1%	*	2%	*	1%	1%	1%	*	*	*



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Q4. In the past month, how often, if at all, would you say that you feel each of the emotions listed below? - Hopeful

	Total Current Students	Men	Women	Non- Binary/Prefer to self- describe	White	Black	Hispanic	AAPI	Thriving	Maintaining	Struggling
Unweighted Base	24,791	7,346	16,673	772	14,550	2,979	4,135	3,827	11,047	3,028	494
Top 3 Box (Net)	87%	87%	87%	73%	87%	90%	87%	85%	96%	78%	35%
Top 2 Box (Subnet)	47%	52%	46%	23%	46%	55%	49%	44%	65%	25%	6%
All the time (5)	10%	13%	9%	4%	8%	20%	11%	9%	15%	3%	1%
Often (4)	37%	38%	37%	19%	38%	34%	38%	35%	50%	22%	5%
Sometimes (3)	40%	36%	41%	50%	41%	35%	38%	41%	31%	53%	29%
Bottom 2 Box (Net)	12%	12%	12%	24%	12%	10%	12%	14%	4%	21%	64%
Rarely (2)	11%	10%	11%	21%	11%	9%	11%	13%	4%	20%	45%
Never (1)	1%	2%	1%	3%	1%	1%	1%	2%	*	1%	20%
Prefer not to answer	1%	1%	*	2%	*	1%	1%	1%	*	*	*



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Q4. In the past month, how often, if at all, would you say that you feel each of the emotions listed below? - Anxious/worried

	Total Current Students	Men	Women	Non- Binary/Prefer to self- describe	White	Black	Hispanic	AAPI	Thriving	Maintaining	Struggling
Unweighted Base	24,791	7,346	16,673	772	14,550	2,979	4,135	3,827	11,047	3,028	494
Top 3 Box (Net)	88%	79%	92%	93%	89%	83%	88%	86%	82%	94%	97%
Top 2 Box (Subnet)	57%	42%	63%	73%	60%	52%	58%	52%	44%	70%	85%
All the time (5)	19%	11%	22%	31%	20%	20%	20%	16%	10%	25%	55%
Often (4)	38%	31%	41%	42%	40%	33%	38%	36%	34%	45%	30%
Sometimes (3)	31%	37%	28%	19%	30%	31%	30%	34%	39%	24%	11%
Bottom 2 Box (Net)	12%	21%	8%	5%	10%	16%	12%	13%	18%	6%	3%
Rarely (2)	10%	17%	7%	4%	9%	13%	10%	11%	15%	5%	2%
Never (1)	2%	3%	1%	*	1%	3%	1%	2%	3%	1%	1%
Prefer not to answer	*	1%	*	3%	*	1%	1%	1%	*	*	-





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Q4. In the past month, how often, if at all, would you say that you feel each of the emotions listed below? - Antisocial/do not want to be around people

	Total Current Students	Men	Women	Non- Binary/Prefer to self- describe	White	Black	Hispanic	AAPI	Thriving	Maintaining	Struggling
Unweighted Base	24,791	7,346	16,673	772	14,550	2,979	4,135	3,827	11,047	3,028	494
Top 3 Box (Net)	68%	62%	70%	80%	67%	74%	67%	67%	57%	79%	88%
Top 2 Box (Subnet)	26%	23%	27%	38%	24%	35%	26%	25%	16%	36%	57%
All the time (5)	5%	5%	5%	9%	4%	9%	5%	5%	2%	6%	22%
Often (4)	21%	18%	22%	29%	20%	26%	21%	21%	14%	29%	36%
Sometimes (3)	42%	39%	43%	42%	43%	39%	40%	41%	41%	44%	30%
Bottom 2 Box (Net)	32%	37%	30%	18%	33%	26%	33%	33%	42%	20%	12%
Rarely (2)	25%	28%	24%	14%	26%	20%	25%	25%	32%	16%	9%
Never (1)	7%	10%	6%	3%	6%	5%	8%	8%	10%	4%	3%
Prefer not to answer	1%	1%	*	2%	*	1%	1%	1%	*	*	*



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Q4. In the past month, how often, if at all, would you say that you feel each of the emotions listed below? - Overwhelmed

	Total Current Students	Men	Women	Non- Binary/Prefer to self- describe	White	Black	Hispanic	AAPI	Thriving	Maintaining	Struggling
Unweighted Base	24,791	7,346	16,673	772	14,550	2,979	4,135	3,827	11,047	3,028	494
Top 3 Box (Net)	89%	80%	94%	94%	91%	88%	90%	86%	85%	94%	95%
Top 2 Box (Subnet)	57%	42%	64%	70%	60%	55%	57%	52%	44%	69%	83%
All the time (5)	17%	11%	19%	27%	17%	19%	18%	15%	9%	21%	48%
Often (4)	40%	32%	44%	43%	42%	36%	40%	37%	36%	47%	35%
Sometimes (3)	32%	37%	30%	23%	31%	33%	32%	35%	40%	26%	12%
Bottom 2 Box (Net)	10%	19%	6%	4%	9%	11%	10%	13%	15%	5%	5%
Rarely (2)	9%	16%	5%	4%	8%	9%	9%	11%	13%	5%	4%
Never (1)	1%	3%	1%	*	1%	2%	1%	2%	2%	*	1%
Prefer not to answer	1%	1%	*	2%	*	1%	1%	1%	*	*	*



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Q4. In the past month, how often, if at all, would you say that you feel each of the emotions listed below? - Stressed out

	Total Current Students	Men	Women	Non- Binary/Prefer to self- describe	White	Black	Hispanic	AAPI	Thriving	Maintaining	Struggling
Unweighted Base	24,791	7,346	16,673	772	14,550	2,979	4,135	3,827	11,047	3,028	494
Top 3 Box (Net)	93%	85%	96%	95%	94%	90%	92%	90%	90%	96%	97%
Top 2 Box (Subnet)	65%	51%	71%	79%	68%	60%	66%	59%	53%	76%	88%
All the time (5)	22%	14%	25%	34%	23%	23%	22%	19%	12%	29%	54%
Often (4)	43%	37%	46%	44%	45%	37%	44%	40%	41%	47%	33%
Sometimes (3)	27%	34%	25%	16%	26%	30%	27%	31%	36%	20%	10%
Bottom 2 Box (Net)	7%	14%	4%	3%	5%	9%	7%	9%	10%	4%	3%
Rarely (2)	6%	12%	3%	2%	5%	8%	6%	8%	9%	3%	2%
Never (1)	1%	2%	*	1%	1%	2%	1%	1%	2%	*	1%
Prefer not to answer	*	1%	*	2%	*	*	*	1%	*	*	-



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Q4. In the past month, how often, if at all, would you say that you feel each of the emotions listed below? - Numb/not feeling much of anything

	<b>Total Current Students</b>	<b>Men</b>	<b>Women</b>	<b>Non- Binary/Prefer to self- describe</b>	<b>White</b>	<b>Black</b>	<b>Hispanic</b>	<b>AAPI</b>	<b>Thriving</b>	<b>Maintaining</b>	<b>Struggling</b>
Unweighted Base	24,791	7,346	16,673	772	14,550	2,979	4,135	3,827	11,047	3,028	494
Top 3 Box (Net)	55%	55%	54%	75%	53%	59%	56%	58%	39%	72%	90%
Top 2 Box (Subnet)	24%	25%	23%	44%	23%	28%	25%	26%	12%	36%	66%
All the time (5)	6%	6%	5%	12%	5%	8%	6%	6%	2%	8%	30%
Often (4)	19%	19%	18%	31%	18%	20%	19%	20%	10%	28%	36%
Sometimes (3)	31%	30%	31%	31%	30%	31%	31%	32%	26%	36%	24%
Bottom 2 Box (Net)	44%	44%	45%	23%	46%	40%	43%	41%	61%	27%	9%
Rarely (2)	29%	28%	29%	17%	30%	24%	28%	27%	36%	21%	6%
Never (1)	16%	17%	16%	5%	17%	16%	15%	14%	25%	6%	3%
Prefer not to answer	1%	1%	1%	3%	1%	1%	1%	1%	1%	1%	*



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Q4. In the past month, how often, if at all, would you say that you feel each of the emotions listed below? - Frustrated

	Total Current Students	Men	Women	Non- Binary/Prefer to self- describe	White	Black	Hispanic	AAPI	Thriving	Maintaining	Struggling
Unweighted Base	24,791	7,346	16,673	772	14,550	2,979	4,135	3,827	11,047	3,028	494
Top 3 Box (Net)	80%	74%	82%	87%	81%	80%	80%	78%	72%	87%	93%
Top 2 Box (Subnet)	34%	29%	35%	46%	33%	38%	36%	32%	21%	44%	69%
All the time (5)	5%	5%	6%	9%	5%	8%	7%	5%	2%	7%	29%
Often (4)	28%	24%	29%	37%	28%	30%	29%	27%	19%	37%	40%
Sometimes (3)	46%	45%	47%	41%	48%	42%	45%	46%	52%	43%	23%
Bottom 2 Box (Net)	20%	25%	18%	11%	19%	19%	19%	21%	27%	13%	7%
Rarely (2)	17%	22%	16%	10%	17%	17%	17%	18%	24%	12%	6%
Never (1)	2%	3%	2%	1%	2%	2%	2%	3%	3%	1%	1%
Prefer not to answer	1%	1%	*	2%	*	1%	1%	1%	*	*	-



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Q4. In the past month, how often, if at all, would you say that you feel each of the emotions listed below? - Sad

	Total Current Students	Men	Women	Non- Binary/Prefer to self- describe	White	Black	Hispanic	AAPI	Thriving	Maintaining	Struggling
Unweighted Base	24,791	7,346	16,673	772	14,550	2,979	4,135	3,827	11,047	3,028	494
Top 3 Box (Net)	69%	58%	74%	83%	70%	68%	70%	69%	56%	83%	94%
Top 2 Box (Subnet)	24%	17%	26%	39%	23%	25%	26%	23%	10%	33%	76%
All the time (5)	4%	3%	4%	8%	3%	5%	4%	4%	1%	4%	31%
Often (4)	20%	14%	22%	32%	20%	20%	22%	19%	9%	30%	45%
Sometimes (3)	45%	40%	48%	44%	46%	43%	44%	46%	46%	50%	18%
Bottom 2 Box (Net)	30%	41%	26%	14%	30%	31%	30%	30%	44%	16%	6%
Rarely (2)	27%	36%	24%	13%	27%	27%	27%	26%	39%	15%	5%
Never (1)	3%	6%	2%	1%	3%	5%	3%	4%	5%	1%	1%
Prefer not to answer	1%	1%	*	3%	*	1%	1%	1%	*	*	*



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Q4. In the past month, how often, if at all, would you say that you feel each of the emotions listed below? - Angry

	Total Current Students	Men	Women	Non- Binary/Prefer to self- describe	White	Black	Hispanic	AAPI	Thriving	Maintaining	Struggling
Unweighted Base	24,791	7,346	16,673	772	14,550	2,979	4,135	3,827	11,047	3,028	494
Top 3 Box (Net)	45%	41%	47%	52%	46%	47%	45%	43%	36%	54%	70%
Top 2 Box (Subnet)	11%	10%	11%	17%	11%	13%	12%	10%	5%	15%	36%
All the time (5)	2%	2%	2%	2%	1%	3%	2%	1%	*	2%	12%
Often (4)	9%	8%	10%	14%	9%	10%	10%	9%	5%	14%	24%
Sometimes (3)	34%	31%	36%	35%	35%	34%	33%	33%	31%	39%	34%
Bottom 2 Box (Net)	54%	59%	53%	46%	54%	53%	55%	56%	63%	46%	30%
Rarely (2)	44%	46%	44%	38%	44%	42%	44%	45%	51%	39%	24%
Never (1)	10%	13%	9%	8%	9%	10%	11%	11%	13%	7%	5%
Prefer not to answer	1%	1%	*	2%	*	1%	*	1%	*	*	-



## PUBLIC POLL FINDINGS AND METHODOLOGY

Q4. In the past month, how often, if at all, would you say that you feel each of the emotions listed below? - Have trouble concentrating

	Total Current Students	Men	Women	Non- Binary/Prefer to self- describe	White	Black	Hispanic	AAPI	Thriving	Maintaining	Struggling
Unweighted Base	24,791	7,346	16,673	772	14,550	2,979	4,135	3,827	11,047	3,028	494
Top 3 Box (Net)	84%	79%	86%	90%	85%	80%	86%	83%	78%	91%	93%
Top 2 Box (Subnet)	48%	42%	50%	66%	49%	44%	51%	44%	35%	61%	76%
All the time (5)	16%	13%	16%	30%	16%	16%	18%	13%	9%	21%	41%
Often (4)	32%	29%	33%	36%	33%	28%	33%	31%	26%	40%	35%
Sometimes (3)	37%	38%	37%	24%	36%	37%	36%	38%	43%	31%	17%
Bottom 2 Box (Net)	15%	20%	13%	7%	14%	19%	13%	16%	22%	8%	7%
Rarely (2)	13%	16%	11%	6%	12%	15%	11%	14%	18%	7%	6%
Never (1)	2%	4%	2%	1%	2%	4%	2%	3%	4%	1%	1%
Prefer not to answer	*	1%	*	2%	*	*	*	1%	*	*	-





## PUBLIC POLL FINDINGS AND METHODOLOGY

Q4. In the past month, how often, if at all, would you say that you feel each of the emotions listed below? - Lonely or Isolated

	Total Current Students	Men	Women	Non- Binary/Prefer to self- describe	White	Black	Hispanic	AAPI	Thriving	Maintaining	Struggling
Unweighted Base	24,791	7,346	16,673	772	14,550	2,979	4,135	3,827	11,047	3,028	494
Top 3 Box (Net)	64%	61%	65%	79%	63%	67%	67%	65%	50%	81%	95%
Top 2 Box (Subnet)	29%	28%	28%	42%	28%	33%	31%	27%	14%	41%	76%
All the time (5)	8%	8%	7%	13%	7%	11%	9%	7%	2%	10%	45%
Often (4)	21%	20%	21%	29%	21%	22%	22%	20%	12%	31%	30%
Sometimes (3)	36%	33%	37%	37%	36%	34%	35%	38%	35%	40%	19%
Bottom 2 Box (Net)	35%	38%	34%	19%	36%	32%	33%	34%	50%	19%	5%
Rarely (2)	27%	28%	27%	16%	28%	23%	25%	26%	37%	16%	4%
Never (1)	8%	10%	7%	3%	8%	9%	7%	7%	13%	3%	1%
Prefer not to answer	1%	1%	*	3%	*	1%	1%	1%	*	*	*



## PUBLIC POLL FINDINGS AND METHODOLOGY

Q4. In the past month, how often, if at all, would you say that you feel each of the emotions listed below? - Joyful

	Total Current Students	Men	Women	Non- Binary/Prefer to self- describe	White	Black	Hispanic	AAPI	Thriving	Maintaining	Struggling
Unweighted Base	24,791	7,346	16,673	772	14,550	2,979	4,135	3,827	11,047	3,028	494
Top 3 Box (Net)	87%	85%	88%	73%	87%	86%	87%	86%	96%	81%	38%
Top 2 Box (Subnet)	44%	44%	45%	24%	46%	42%	44%	41%	64%	22%	6%
All the time (5)	5%	7%	5%	3%	4%	10%	6%	5%	9%	2%	1%
Often (4)	39%	38%	40%	22%	41%	32%	39%	36%	55%	20%	5%
Sometimes (3)	42%	40%	43%	49%	42%	43%	43%	45%	31%	59%	32%
Bottom 2 Box (Net)	13%	15%	11%	24%	12%	14%	12%	13%	4%	19%	62%
Rarely (2)	11%	13%	10%	21%	11%	13%	11%	12%	4%	17%	43%
Never (1)	1%	2%	1%	3%	1%	1%	1%	1%	*	1%	19%
Prefer not to answer	1%	1%	*	3%	*	1%	1%	1%	*	*	1%



## PUBLIC POLL FINDINGS AND METHODOLOGY

Q4. In the past month, how often, if at all, would you say that you feel each of the emotions listed below? - Thankful

	Total Current Students	Men	Women	Non- Binary/Prefer to self- describe	White	Black	Hispanic	AAPI	Thriving	Maintaining	Struggling
Unweighted Base	24,791	7,346	16,673	772	14,550	2,979	4,135	3,827	11,047	3,028	494
Top 3 Box (Net)	93%	91%	94%	81%	93%	94%	93%	91%	98%	89%	63%
Top 2 Box (Subnet)	64%	62%	67%	38%	63%	71%	67%	60%	79%	47%	24%
All the time (5)	24%	23%	25%	8%	21%	41%	29%	19%	33%	13%	7%
Often (4)	40%	39%	41%	30%	43%	30%	39%	40%	46%	34%	17%
Sometimes (3)	28%	28%	27%	43%	29%	22%	25%	31%	19%	42%	39%
Bottom 2 Box (Net)	7%	8%	6%	17%	7%	6%	7%	8%	2%	11%	37%
Rarely (2)	6%	7%	5%	14%	6%	5%	6%	7%	2%	10%	24%
Never (1)	1%	1%	1%	3%	1%	1%	1%	1%	*	1%	13%
Prefer not to answer	1%	1%	*	2%	*	1%	1%	1%	*	1%	*



## PUBLIC POLL FINDINGS AND METHODOLOGY

Q4. In the past month, how often, if at all, would you say that you feel each of the emotions listed below? - Other/something else

	<b>Total Current Students</b>	<b>Men</b>	<b>Women</b>	<b>Non- Binary/Prefer to self- describe</b>	<b>White</b>	<b>Black</b>	<b>Hispanic</b>	<b>AAPI</b>	<b>Thriving</b>	<b>Maintaining</b>	<b>Struggling</b>
Unweighted Base	566	187	349	30	321	79	98	79	228	63	23
Top 3 Box (Net)	91%	93%	89%	93%	89%	92%	90%	96%	90%	90%	96%
Top 2 Box (Subnet)	72%	79%	69%	70%	70%	72%	74%	78%	71%	63%	74%
All the time (5)	33%	43%	29%	23%	30%	42%	43%	20%	26%	29%	65%
Often (4)	39%	36%	40%	47%	40%	30%	32%	58%	44%	35%	9%
Sometimes (3)	18%	14%	20%	23%	19%	20%	15%	18%	19%	27%	22%
Bottom 2 Box (Net)	8%	5%	10%	3%	9%	8%	9%	3%	8%	10%	-
Rarely (2)	8%	5%	10%	3%	9%	8%	9%	3%	8%	10%	-
Never (1)	-	-	-	-	-	-	-	-	-	-	-
Prefer not to answer	2%	2%	1%	3%	2%	-	1%	1%	2%	-	4%



## PUBLIC POLL FINDINGS AND METHODOLOGY

Q4. In the past month, how often, if at all, would you say that you feel each of the emotions listed below? - Other/Something else

	<b>Total Current Students</b>	<b>Men</b>	<b>Women</b>	<b>Non- Binary/Prefer to self- describe</b>	<b>White</b>	<b>Black</b>	<b>Hispanic</b>	<b>AAPI</b>	<b>Thriving</b>	<b>Maintaining</b>	<b>Struggling</b>
Unweighted Base	24,791	7,346	16,673	772	14,550	2,979	4,135	3,827	11,047	3,028	494
Top 3 Box (Net)	38%	36%	38%	49%	38%	37%	38%	39%	33%	43%	43%
Top 2 Box (Subnet)	7%	7%	7%	14%	7%	8%	8%	7%	6%	8%	14%
All the time (5)	2%	3%	2%	5%	2%	2%	2%	2%	2%	2%	7%
Often (4)	5%	4%	5%	9%	5%	6%	5%	5%	4%	6%	7%
Sometimes (3)	30%	29%	31%	35%	31%	29%	30%	32%	27%	35%	29%
Bottom 2 Box (Net)	29%	32%	28%	13%	27%	36%	29%	30%	36%	20%	16%
Rarely (2)	11%	13%	11%	6%	10%	15%	12%	13%	13%	9%	5%
Never (1)	18%	20%	17%	7%	17%	21%	17%	16%	23%	12%	10%
Prefer not to answer	34%	32%	34%	38%	36%	28%	33%	32%	31%	36%	42%



## PUBLIC POLL FINDINGS AND METHODOLOGY

Q4. In the past month, how often, if at all, would you say that you feel each of the emotions listed below? - Top 3 Box Summary

	<b>Total Current Students</b>	<b>Men</b>	<b>Women</b>	<b>Non- Binary/Prefer to self- describe</b>	<b>White</b>	<b>Black</b>	<b>Hispanic</b>	<b>AAPI</b>	<b>Thriving</b>	<b>Maintaining</b>	<b>Struggling</b>
Unweighted Base	<i>Base varies</i>	<i>Base varies</i>	<i>Base varies</i>	<i>Base varies</i>	<i>Base varies</i>	<i>Base varies</i>	<i>Base varies</i>	<i>Base varies</i>	<i>Base varies</i>	<i>Base varies</i>	<i>Base varies</i>
Happy	92%	90%	93%	82%	93%	90%	92%	91%	98%	90%	47%
Social/Friendly	88%	86%	89%	80%	89%	83%	88%	86%	94%	84%	55%
Motivated/energized	79%	82%	79%	60%	79%	79%	80%	81%	91%	69%	32%
Hopeful	87%	87%	87%	73%	87%	90%	87%	85%	96%	78%	35%
Anxious/worried	88%	79%	92%	93%	89%	83%	88%	86%	82%	94%	97%
Antisocial/do not want to be around people	68%	62%	70%	80%	67%	74%	67%	67%	57%	79%	88%
Overwhelmed	89%	80%	94%	94%	91%	88%	90%	86%	85%	94%	95%
Stressed out	93%	85%	96%	95%	94%	90%	92%	90%	90%	96%	97%
Numb/not feeling much of anything	55%	55%	54%	75%	53%	59%	56%	58%	39%	72%	90%
Frustrated	80%	74%	82%	87%	81%	80%	80%	78%	72%	87%	93%
Sad	69%	58%	74%	83%	70%	68%	70%	69%	56%	83%	94%
Angry	45%	41%	47%	52%	46%	47%	45%	43%	36%	54%	70%
Have trouble concentrating	84%	79%	86%	90%	85%	80%	86%	83%	78%	91%	93%
Lonely or Isolated	64%	61%	65%	79%	63%	67%	67%	65%	50%	81%	95%
Joyful	87%	85%	88%	73%	87%	86%	87%	86%	96%	81%	38%
Thankful	93%	91%	94%	81%	93%	94%	93%	91%	98%	89%	63%
Other/something else	91%	93%	89%	93%	89%	92%	90%	96%	90%	90%	96%
Other/Something else	38%	36%	38%	49%	38%	37%	38%	39%	33%	43%	43%



## PUBLIC POLL FINDINGS AND METHODOLOGY

Q4. In the past month, how often, if at all, would you say that you feel each of the emotions listed below? - Top 2 Box Summary

	Total Current Students	Men	Women	Non- Binary/Prefer to self- describe	White	Black	Hispanic	AAPI	Thriving	Maintaining	Struggling
Unweighted Base	<i>Base varies</i>	<i>Base varies</i>	<i>Base varies</i>	<i>Base varies</i>	<i>Base varies</i>	<i>Base varies</i>	<i>Base varies</i>	<i>Base varies</i>	<i>Base varies</i>	<i>Base varies</i>	<i>Base varies</i>
Happy	55%	54%	56%	32%	58%	48%	53%	50%	76%	32%	7%
Social/Friendly	49%	50%	49%	34%	51%	41%	49%	46%	63%	34%	13%
Motivated/energized	32%	38%	30%	14%	32%	33%	32%	32%	48%	14%	6%
Hopeful	47%	52%	46%	23%	46%	55%	49%	44%	65%	25%	6%
Anxious/worried	57%	42%	63%	73%	60%	52%	58%	52%	44%	70%	85%
Antisocial/do not want to be around people	26%	23%	27%	38%	24%	35%	26%	25%	16%	36%	57%
Overwhelmed	57%	42%	64%	70%	60%	55%	57%	52%	44%	69%	83%
Stressed out	65%	51%	71%	79%	68%	60%	66%	59%	53%	76%	88%
Numb/not feeling much of anything	24%	25%	23%	44%	23%	28%	25%	26%	12%	36%	66%
Frustrated	34%	29%	35%	46%	33%	38%	36%	32%	21%	44%	69%
Sad	24%	17%	26%	39%	23%	25%	26%	23%	10%	33%	76%
Angry	11%	10%	11%	17%	11%	13%	12%	10%	5%	15%	36%
Have trouble concentrating	48%	42%	50%	66%	49%	44%	51%	44%	35%	61%	76%
Lonely or Isolated	29%	28%	28%	42%	28%	33%	31%	27%	14%	41%	76%
Joyful	44%	44%	45%	24%	46%	42%	44%	41%	64%	22%	6%
Thankful	64%	62%	67%	38%	63%	71%	67%	60%	79%	47%	24%
Other/something else	72%	79%	69%	70%	70%	72%	74%	78%	71%	63%	74%
Other/Something else	7%	7%	7%	14%	7%	8%	8%	7%	6%	8%	14%



## PUBLIC POLL FINDINGS AND METHODOLOGY

Q5. How much do you agree or disagree with the statement “I see my mental health as an important component of my overall health and wellbeing”.

	<b>Total Current Students</b>	<b>Men</b>	<b>Women</b>	<b>Non- Binary/Prefer to self- describe</b>	<b>White</b>	<b>Black</b>	<b>Hispanic</b>	<b>AAPI</b>	<b>Thriving</b>	<b>Maintaining</b>	<b>Struggling</b>
Unweighted Base	24,791	7,346	16,673	772	14,550	2,979	4,135	3,827	11,047	3,028	494
Top 2 Box (Net)	92%	89%	94%	90%	94%	92%	91%	91%	94%	91%	80%
Strongly agree (5)	75%	69%	78%	76%	77%	79%	73%	72%	80%	67%	58%
Somewhat agree (4)	17%	20%	16%	14%	17%	13%	17%	19%	14%	24%	22%
Don't agree or disagree (3)	2%	4%	2%	2%	2%	2%	3%	2%	1%	4%	9%
Bottom 2 Box (Net)	5%	6%	4%	5%	4%	5%	5%	6%	4%	5%	10%
Somewhat disagree (2)	2%	3%	1%	2%	1%	1%	1%	3%	1%	2%	5%
Strongly disagree (1)	3%	3%	3%	3%	3%	4%	4%	3%	3%	3%	5%
Prefer not to answer	1%	1%	*	2%	*	1%	1%	1%	*	*	2%





## PUBLIC POLL FINDINGS AND METHODOLOGY

Q6. Over the past month, how would you describe your mental health?

	<b>Total Current Students</b>	<b>Men</b>	<b>Women</b>	<b>Non- Binary/Prefer to self- describe</b>	<b>White</b>	<b>Black</b>	<b>Hispanic</b>	<b>AAPI</b>	<b>Thriving</b>	<b>Maintaining</b>	<b>Struggling</b>
Unweighted Base	24,791	7,346	16,673	772	14,550	2,979	4,135	3,827	11,047	3,028	494
Top 2 Box (Net)	48%	55%	47%	26%	49%	45%	47%	49%	72%	24%	3%
Very good (5)	13%	19%	11%	5%	13%	13%	13%	13%	24%	2%	1%
Somewhat good (4)	35%	36%	36%	21%	36%	32%	34%	36%	48%	22%	2%
Neutral (3)	20%	20%	21%	18%	18%	26%	21%	22%	16%	31%	8%
Bottom 2 Box (Net)	31%	25%	32%	53%	32%	29%	31%	28%	11%	45%	89%
Somewhat poor (2)	23%	18%	24%	34%	24%	21%	23%	20%	10%	37%	32%
Very poor (1)	8%	7%	8%	19%	8%	8%	8%	8%	1%	8%	56%
Prefer not to answer	1%	1%	*	3%	*	1%	1%	1%	*	*	1%



## PUBLIC POLL FINDINGS AND METHODOLOGY

Q7. How much do you agree or disagree with each of the following statements? - I don't feel like I need mental health treatment or help right now

	<b>Total Current Students</b>	<b>Men</b>	<b>Women</b>	<b>Non- Binary/Prefer to self- describe</b>	<b>White</b>	<b>Black</b>	<b>Hispanic</b>	<b>AAPI</b>	<b>Thriving</b>	<b>Maintaining</b>	<b>Struggling</b>
Unweighted Base	24,791	7,346	16,673	772	14,550	2,979	4,135	3,827	11,047	3,028	494
Top 2 Box (Net)	44%	54%	40%	19%	43%	38%	42%	50%	57%	32%	18%
Strongly agree (5)	20%	28%	17%	7%	20%	18%	19%	21%	29%	10%	9%
Somewhat agree (4)	24%	26%	23%	12%	23%	20%	23%	29%	28%	22%	10%
Don't agree or disagree (3)	19%	19%	19%	14%	18%	21%	21%	19%	17%	24%	17%
Bottom 2 Box (Net)	35%	25%	39%	63%	37%	39%	36%	28%	25%	43%	61%
Somewhat disagree (2)	20%	15%	22%	26%	21%	21%	20%	18%	16%	25%	22%
Strongly disagree (1)	15%	10%	16%	36%	16%	18%	16%	11%	9%	17%	39%
Prefer not to answer	2%	2%	1%	4%	1%	2%	2%	2%	1%	2%	4%



## PUBLIC POLL FINDINGS AND METHODOLOGY

Q7. How much do you agree or disagree with each of the following statements? - I laughed and smiled a lot yesterday

	Total Current Students	Men	Women	Non- Binary/Prefer to self- describe	White	Black	Hispanic	AAPI	Thriving	Maintaining	Struggling
Unweighted Base	24,791	7,346	16,673	772	14,550	2,979	4,135	3,827	11,047	3,028	494
Top 2 Box (Net)	65%	64%	66%	48%	66%	63%	65%	62%	80%	50%	22%
Strongly agree (5)	27%	28%	27%	15%	27%	30%	28%	23%	41%	12%	4%
Somewhat agree (4)	38%	36%	38%	34%	38%	33%	37%	39%	39%	39%	18%
Don't agree or disagree (3)	14%	15%	13%	16%	13%	14%	14%	16%	10%	20%	14%
Bottom 2 Box (Net)	21%	20%	20%	33%	20%	22%	20%	21%	9%	29%	63%
Somewhat disagree (2)	13%	12%	13%	21%	14%	13%	13%	13%	7%	20%	26%
Strongly disagree (1)	7%	8%	7%	12%	7%	9%	7%	8%	2%	9%	37%
Prefer not to answer	1%	1%	1%	3%	1%	1%	1%	2%	1%	1%	2%



## PUBLIC POLL FINDINGS AND METHODOLOGY

Q7. How much do you agree or disagree with each of the following statements? - I feel comfortable talking about my mental health with those closest to me

	<b>Total Current Students</b>	<b>Men</b>	<b>Women</b>	<b>Non- Binary/Prefer to self- describe</b>	<b>White</b>	<b>Black</b>	<b>Hispanic</b>	<b>AAPI</b>	<b>Thriving</b>	<b>Maintaining</b>	<b>Struggling</b>
Unweighted Base	24,791	7,346	16,673	772	14,550	2,979	4,135	3,827	11,047	3,028	494
Top 2 Box (Net)	69%	64%	71%	66%	71%	65%	68%	68%	79%	58%	39%
Strongly agree (5)	31%	29%	32%	29%	32%	30%	30%	29%	40%	20%	11%
Somewhat agree (4)	38%	35%	39%	36%	39%	35%	38%	39%	39%	38%	28%
Don't agree or disagree (3)	11%	13%	10%	9%	10%	13%	11%	12%	9%	14%	14%
Bottom 2 Box (Net)	19%	21%	18%	23%	18%	21%	20%	18%	11%	27%	46%
Somewhat disagree (2)	13%	13%	12%	15%	13%	13%	12%	12%	8%	19%	21%
Strongly disagree (1)	6%	8%	5%	8%	6%	8%	8%	6%	3%	8%	25%
Prefer not to answer	1%	1%	1%	3%	1%	1%	1%	2%	1%	1%	1%



## PUBLIC POLL FINDINGS AND METHODOLOGY

Q7. How much do you agree or disagree with each of the following statements? - If I needed professional help with my mental health, I would be able to find it

	<b>Total Current Students</b>	<b>Men</b>	<b>Women</b>	<b>Non- Binary/Prefer to self- describe</b>	<b>White</b>	<b>Black</b>	<b>Hispanic</b>	<b>AAPI</b>	<b>Thriving</b>	<b>Maintaining</b>	<b>Struggling</b>
Unweighted Base	24,791	7,346	16,673	772	14,550	2,979	4,135	3,827	11,047	3,028	494
Top 2 Box (Net)	72%	69%	74%	62%	76%	68%	69%	69%	80%	64%	46%
Strongly agree (5)	36%	32%	38%	31%	39%	34%	34%	28%	44%	25%	21%
Somewhat agree (4)	37%	37%	37%	31%	37%	35%	35%	42%	37%	38%	25%
Don't agree or disagree (3)	12%	14%	11%	12%	11%	15%	13%	13%	10%	16%	17%
Bottom 2 Box (Net)	14%	15%	14%	23%	13%	16%	17%	16%	9%	19%	34%
Somewhat disagree (2)	10%	10%	10%	15%	9%	10%	13%	11%	7%	14%	16%
Strongly disagree (1)	4%	5%	3%	8%	3%	5%	5%	4%	2%	5%	18%
Prefer not to answer	1%	2%	1%	3%	1%	1%	1%	2%	1%	1%	3%



## PUBLIC POLL FINDINGS AND METHODOLOGY

Q7. How much do you agree or disagree with each of the following statements? - I could easily find the time needed for mental health treatment in my daily schedule

	<b>Total Current Students</b>	<b>Men</b>	<b>Women</b>	<b>Non- Binary/Prefer to self- describe</b>	<b>White</b>	<b>Black</b>	<b>Hispanic</b>	<b>AAPI</b>	<b>Thriving</b>	<b>Maintaining</b>	<b>Struggling</b>
Unweighted Base	24,791	7,346	16,673	772	14,550	2,979	4,135	3,827	11,047	3,028	494
Top 2 Box (Net)	46%	47%	46%	35%	45%	51%	47%	45%	56%	35%	24%
Strongly agree (5)	16%	16%	16%	10%	15%	20%	17%	13%	21%	9%	7%
Somewhat agree (4)	31%	31%	31%	25%	30%	31%	31%	33%	35%	26%	17%
Don't agree or disagree (3)	15%	17%	14%	13%	14%	17%	16%	17%	14%	17%	12%
Bottom 2 Box (Net)	38%	34%	39%	49%	40%	31%	36%	37%	29%	48%	62%
Somewhat disagree (2)	24%	22%	26%	27%	26%	19%	23%	25%	21%	31%	25%
Strongly disagree (1)	13%	12%	13%	21%	14%	11%	13%	12%	8%	17%	37%
Prefer not to answer	1%	2%	1%	3%	1%	1%	1%	2%	1%	1%	2%



## PUBLIC POLL FINDINGS AND METHODOLOGY

Q7. How much do you agree or disagree with each of the following statements? - I know where to find free information about mental health

	Total Current Students	Men	Women	Non- Binary/Prefer to self- describe	White	Black	Hispanic	AAPI	Thriving	Maintaining	Struggling
Unweighted Base	24,791	7,346	16,673	772	14,550	2,979	4,135	3,827	11,047	3,028	494
Top 2 Box (Net)	69%	65%	70%	67%	70%	66%	65%	68%	74%	63%	50%
Strongly agree (5)	33%	30%	35%	31%	35%	34%	31%	27%	39%	26%	22%
Somewhat agree (4)	35%	35%	35%	36%	35%	32%	34%	41%	35%	37%	28%
Don't agree or disagree (3)	13%	15%	12%	10%	12%	14%	14%	13%	11%	15%	14%
Bottom 2 Box (Net)	18%	19%	17%	20%	17%	19%	20%	17%	14%	21%	34%
Somewhat disagree (2)	12%	12%	12%	12%	11%	11%	13%	12%	9%	14%	16%
Strongly disagree (1)	6%	7%	6%	8%	6%	8%	7%	5%	4%	7%	19%
Prefer not to answer	1%	2%	1%	3%	1%	1%	1%	2%	1%	1%	2%



## PUBLIC POLL FINDINGS AND METHODOLOGY

Q7. How much do you agree or disagree with each of the following statements? - I could easily find a therapist, counselor, or mental health provider that understands my background and experiences

	<b>Total Current Students</b>	<b>Men</b>	<b>Women</b>	<b>Non- Binary/Prefer to self- describe</b>	<b>White</b>	<b>Black</b>	<b>Hispanic</b>	<b>AAPI</b>	<b>Thriving</b>	<b>Maintaining</b>	<b>Struggling</b>
Unweighted Base	24,791	7,346	16,673	772	14,550	2,979	4,135	3,827	11,047	3,028	494
Top 2 Box (Net)	56%	53%	58%	44%	60%	50%	53%	50%	65%	47%	36%
Strongly agree (5)	25%	22%	27%	18%	28%	23%	24%	16%	31%	17%	14%
Somewhat agree (4)	31%	31%	31%	26%	32%	27%	29%	33%	33%	30%	21%
Don't agree or disagree (3)	18%	21%	16%	15%	16%	21%	19%	21%	17%	20%	17%
Bottom 2 Box (Net)	25%	24%	24%	38%	23%	28%	27%	27%	18%	32%	46%
Somewhat disagree (2)	16%	15%	17%	21%	15%	17%	18%	18%	13%	21%	18%
Strongly disagree (1)	8%	9%	8%	18%	7%	11%	9%	9%	5%	10%	28%
Prefer not to answer	1%	2%	1%	3%	1%	2%	1%	2%	1%	1%	1%





## PUBLIC POLL FINDINGS AND METHODOLOGY

Q7. How much do you agree or disagree with each of the following statements? - I have searched for information on how to improve my mental health

	<b>Total Current Students</b>	<b>Men</b>	<b>Women</b>	<b>Non- Binary/Prefer to self- describe</b>	<b>White</b>	<b>Black</b>	<b>Hispanic</b>	<b>AAPI</b>	<b>Thriving</b>	<b>Maintaining</b>	<b>Struggling</b>
Unweighted Base	24,791	7,346	16,673	772	14,550	2,979	4,135	3,827	11,047	3,028	494
Top 2 Box (Net)	61%	47%	66%	77%	63%	59%	60%	58%	59%	62%	63%
Strongly agree (5)	26%	18%	29%	40%	28%	27%	26%	21%	26%	24%	30%
Somewhat agree (4)	35%	29%	37%	37%	35%	32%	34%	37%	33%	38%	33%
Don't agree or disagree (3)	16%	19%	15%	8%	15%	17%	16%	17%	17%	16%	14%
Bottom 2 Box (Net)	22%	32%	18%	12%	21%	21%	23%	23%	22%	21%	21%
Somewhat disagree (2)	13%	16%	12%	7%	13%	11%	13%	14%	13%	13%	10%
Strongly disagree (1)	9%	15%	6%	5%	8%	10%	9%	9%	9%	8%	11%
Prefer not to answer	2%	2%	1%	3%	1%	2%	2%	2%	1%	1%	2%



## PUBLIC POLL FINDINGS AND METHODOLOGY

Q7. How much do you agree or disagree with each of the following statements? - I don't feel comfortable talking about my mental health with others

	<b>Total Current Students</b>	<b>Men</b>	<b>Women</b>	<b>Non- Binary/Prefer to self- describe</b>	<b>White</b>	<b>Black</b>	<b>Hispanic</b>	<b>AAPI</b>	<b>Thriving</b>	<b>Maintaining</b>	<b>Struggling</b>
Unweighted Base	24,791	7,346	16,673	772	14,550	2,979	4,135	3,827	11,047	3,028	494
Top 2 Box (Net)	40%	44%	39%	44%	39%	42%	43%	41%	33%	49%	63%
Strongly agree (5)	12%	14%	10%	14%	11%	13%	14%	12%	8%	15%	30%
Somewhat agree (4)	29%	30%	28%	30%	29%	29%	29%	29%	25%	33%	33%
Don't agree or disagree (3)	19%	20%	19%	15%	18%	21%	19%	22%	19%	21%	15%
Bottom 2 Box (Net)	40%	34%	42%	39%	42%	36%	37%	35%	47%	30%	21%
Somewhat disagree (2)	26%	22%	27%	27%	27%	23%	24%	25%	29%	22%	13%
Strongly disagree (1)	14%	12%	15%	12%	15%	13%	13%	11%	18%	8%	8%
Prefer not to answer	1%	2%	1%	2%	1%	1%	1%	2%	1%	1%	1%



## PUBLIC POLL FINDINGS AND METHODOLOGY

Q7. How much do you agree or disagree with each of the following statements? - Top 2 Box Summary

	<b>Total Current Students</b>	<b>Men</b>	<b>Women</b>	<b>Non- Binary/Prefer to self- describe</b>	<b>White</b>	<b>Black</b>	<b>Hispanic</b>	<b>AAPI</b>	<b>Thriving</b>	<b>Maintaining</b>	<b>Struggling</b>
Unweighted Base	24,791	7,346	16,673	772	14,550	2,979	4,135	3,827	11,047	3,028	494
I don't feel like I need mental health treatment or help right now	44%	54%	40%	19%	43%	38%	42%	50%	57%	32%	18%
I laughed and smiled a lot yesterday	65%	64%	66%	48%	66%	63%	65%	62%	80%	50%	22%
I feel comfortable talking about my mental health with those closest to me	69%	64%	71%	66%	71%	65%	68%	68%	79%	58%	39%
If I needed professional help with my mental health, I would be able to find it	72%	69%	74%	62%	76%	68%	69%	69%	80%	64%	46%
I could easily find the time needed for mental health treatment in my daily schedule	46%	47%	46%	35%	45%	51%	47%	45%	56%	35%	24%



## PUBLIC POLL FINDINGS AND METHODOLOGY

I know where to find free information about mental health	69%	65%	70%	67%	70%	66%	65%	68%	74%	63%	50%
I could easily find a therapist, counselor, or mental health provider that understands my background and experiences	56%	53%	58%	44%	60%	50%	53%	50%	65%	47%	36%
I have searched for information on how to improve my mental health	61%	47%	66%	77%	63%	59%	60%	58%	59%	62%	63%
I don't feel comfortable talking about my mental health with others	40%	44%	39%	44%	39%	42%	43%	41%	33%	49%	63%





## PUBLIC POLL FINDINGS AND METHODOLOGY

Q7. How much do you agree or disagree with each of the following statements? - Bottom 2 Box Summary

	<b>Total Current Students</b>	<b>Men</b>	<b>Women</b>	<b>Non- Binary/Prefer to self- describe</b>	<b>White</b>	<b>Black</b>	<b>Hispanic</b>	<b>AAPI</b>	<b>Thriving</b>	<b>Maintaining</b>	<b>Struggling</b>
Unweighted Base	24,791	7,346	16,673	772	14,550	2,979	4,135	3,827	11,047	3,028	494
I don't feel like I need mental health treatment or help right now	35%	25%	39%	63%	37%	39%	36%	28%	25%	43%	61%
I laughed and smiled a lot yesterday	21%	20%	20%	33%	20%	22%	20%	21%	9%	29%	63%
I feel comfortable talking about my mental health with those closest to me	19%	21%	18%	23%	18%	21%	20%	18%	11%	27%	46%
If I needed professional help with my mental health, I would be able to find it	14%	15%	14%	23%	13%	16%	17%	16%	9%	19%	34%
I could easily find the time needed for mental health treatment in my daily schedule	38%	34%	39%	49%	40%	31%	36%	37%	29%	48%	62%



## PUBLIC POLL FINDINGS AND METHODOLOGY

I know where to find free information about mental health	18%	19%	17%	20%	17%	19%	20%	17%	14%	21%	34%
I could easily find a therapist, counselor, or mental health provider that understands my background and experiences	25%	24%	24%	38%	23%	28%	27%	27%	18%	32%	46%
I have searched for information on how to improve my mental health	22%	32%	18%	12%	21%	21%	23%	23%	22%	21%	21%
I don't feel comfortable talking about my mental health with others	40%	34%	42%	39%	42%	36%	37%	35%	47%	30%	21%





## PUBLIC POLL FINDINGS AND METHODOLOGY

Q8. How often, if at all, do you go to the following sources for information about mental health? - Your friends

	Total Current Students	Men	Women	Non- Binary/Prefer to self- describe	White	Black	Hispanic	AAPI	Thriving	Maintaining	Struggling
Unweighted Base	24,791	7,346	16,673	772	14,550	2,979	4,135	3,827	11,047	3,028	494
Top 2 Box (Net)	40%	32%	43%	42%	42%	33%	39%	39%	46%	33%	20%
All the time (5)	12%	8%	13%	11%	11%	11%	12%	12%	14%	7%	4%
Often (4)	28%	24%	30%	31%	30%	21%	27%	27%	31%	25%	16%
Sometimes (3)	34%	32%	34%	32%	34%	34%	33%	34%	33%	36%	29%
Bottom 2 Box (Net)	25%	34%	22%	23%	24%	32%	27%	25%	21%	31%	49%
Rarely (2)	17%	21%	15%	15%	16%	20%	17%	17%	14%	20%	24%
Never (1)	9%	14%	7%	8%	8%	12%	10%	8%	6%	11%	25%
Prefer not to answer	1%	2%	1%	2%	1%	1%	1%	2%	1%	1%	2%



## PUBLIC POLL FINDINGS AND METHODOLOGY

Q8. How often, if at all, do you go to the following sources for information about mental health? - Your parent(s)/guardian(s)

	<b>Total Current Students</b>	<b>Men</b>	<b>Women</b>	<b>Non- Binary/Prefer to self- describe</b>	<b>White</b>	<b>Black</b>	<b>Hispanic</b>	<b>AAPI</b>	<b>Thriving</b>	<b>Maintaining</b>	<b>Struggling</b>
Unweighted Base	24,791	7,346	16,673	772	14,550	2,979	4,135	3,827	11,047	3,028	494
Top 2 Box (Net)	30%	26%	32%	15%	32%	28%	27%	24%	37%	21%	14%
All the time (5)	11%	9%	12%	4%	12%	13%	10%	9%	15%	6%	5%
Often (4)	19%	17%	20%	11%	21%	14%	17%	15%	23%	15%	9%
Sometimes (3)	26%	26%	26%	19%	27%	23%	24%	24%	26%	25%	17%
Bottom 2 Box (Net)	43%	46%	41%	63%	40%	48%	47%	50%	35%	52%	68%
Rarely (2)	22%	23%	21%	25%	21%	22%	22%	23%	20%	24%	20%
Never (1)	22%	24%	20%	38%	19%	26%	25%	27%	16%	28%	48%
Prefer not to answer	1%	1%	1%	3%	1%	1%	1%	2%	1%	1%	1%





## PUBLIC POLL FINDINGS AND METHODOLOGY

Q8. How often, if at all, do you go to the following sources for information about mental health? - Your doctor

	Total Current Students	Men	Women	Non- Binary/Prefer to self- describe	White	Black	Hispanic	AAPI	Thriving	Maintaining	Struggling
Unweighted Base	24,791	7,346	16,673	772	14,550	2,979	4,135	3,827	11,047	3,028	494
Top 2 Box (Net)	14%	10%	16%	20%	16%	13%	14%	11%	16%	13%	14%
All the time (5)	4%	3%	4%	7%	4%	5%	4%	3%	4%	3%	4%
Often (4)	11%	8%	12%	13%	12%	8%	10%	9%	11%	10%	10%
Sometimes (3)	21%	18%	22%	26%	23%	17%	20%	19%	22%	21%	15%
Bottom 2 Box (Net)	63%	70%	60%	51%	60%	68%	64%	67%	61%	65%	69%
Rarely (2)	26%	25%	26%	22%	26%	26%	25%	27%	27%	25%	21%
Never (1)	37%	45%	34%	28%	35%	43%	39%	39%	34%	40%	48%
Prefer not to answer	2%	2%	1%	4%	1%	2%	2%	3%	1%	1%	2%



## PUBLIC POLL FINDINGS AND METHODOLOGY

Q8. How often, if at all, do you go to the following sources for information about mental health? - The internet, websites, online articles

	<b>Total Current Students</b>	<b>Men</b>	<b>Women</b>	<b>Non- Binary/Prefer to self- describe</b>	<b>White</b>	<b>Black</b>	<b>Hispanic</b>	<b>AAPI</b>	<b>Thriving</b>	<b>Maintaining</b>	<b>Struggling</b>
Unweighted Base	24,791	7,346	16,673	772	14,550	2,979	4,135	3,827	11,047	3,028	494
Top 2 Box (Net)	29%	23%	31%	40%	28%	27%	29%	33%	28%	29%	30%
All the time (5)	7%	5%	7%	9%	6%	9%	7%	8%	7%	6%	9%
Often (4)	22%	17%	23%	31%	22%	18%	22%	25%	21%	22%	22%
Sometimes (3)	33%	30%	35%	34%	34%	31%	32%	33%	33%	35%	30%
Bottom 2 Box (Net)	37%	46%	34%	24%	38%	41%	37%	32%	38%	36%	39%
Rarely (2)	21%	24%	20%	15%	21%	21%	21%	19%	22%	20%	17%
Never (1)	16%	22%	14%	9%	17%	20%	16%	13%	17%	16%	22%
Prefer not to answer	1%	1%	1%	3%	1%	1%	1%	2%	1%	1%	1%



## PUBLIC POLL FINDINGS AND METHODOLOGY

Q8. How often, if at all, do you go to the following sources for information about mental health? - The teachers or counselors at your college or university

	<b>Total Current Students</b>	<b>Men</b>	<b>Women</b>	<b>Non- Binary/Prefer to self- describe</b>	<b>White</b>	<b>Black</b>	<b>Hispanic</b>	<b>AAPI</b>	<b>Thriving</b>	<b>Maintaining</b>	<b>Struggling</b>
Unweighted Base	24,791	7,346	16,673	772	14,550	2,979	4,135	3,827	11,047	3,028	494
Top 2 Box (Net)	8%	8%	8%	9%	7%	9%	9%	10%	9%	7%	6%
All the time (5)	2%	2%	2%	2%	2%	3%	3%	2%	3%	2%	2%
Often (4)	6%	6%	6%	8%	5%	6%	6%	8%	7%	5%	5%
Sometimes (3)	15%	15%	15%	16%	14%	15%	15%	18%	16%	14%	11%
Bottom 2 Box (Net)	76%	75%	76%	72%	78%	74%	74%	70%	74%	78%	82%
Rarely (2)	26%	24%	26%	24%	26%	23%	25%	26%	28%	24%	18%
Never (1)	50%	51%	50%	47%	52%	51%	49%	44%	46%	54%	63%
Prefer not to answer	1%	2%	1%	3%	1%	2%	1%	2%	1%	1%	1%



## PUBLIC POLL FINDINGS AND METHODOLOGY

Q8. How often, if at all, do you go to the following sources for information about mental health? - Other important figures in your life (coaches, pastors, family friends)

	Total Current Students	Men	Women	Non- Binary/Prefer to self- describe	White	Black	Hispanic	AAPI	Thriving	Maintaining	Struggling
Unweighted Base	24,791	7,346	16,673	772	14,550	2,979	4,135	3,827	11,047	3,028	494
Top 2 Box (Net)	23%	20%	24%	14%	23%	22%	23%	22%	29%	15%	9%
All the time (5)	6%	5%	7%	4%	6%	8%	6%	6%	9%	3%	2%
Often (4)	16%	15%	17%	10%	17%	13%	17%	16%	20%	12%	7%
Sometimes (3)	26%	25%	27%	22%	26%	26%	27%	26%	28%	25%	14%
Bottom 2 Box (Net)	49%	53%	48%	61%	50%	51%	49%	49%	42%	59%	75%
Rarely (2)	23%	23%	22%	22%	23%	23%	21%	23%	22%	25%	19%
Never (1)	27%	29%	25%	40%	27%	28%	28%	26%	21%	34%	55%
Prefer not to answer	1%	2%	1%	3%	1%	1%	1%	3%	1%	1%	2%



## PUBLIC POLL FINDINGS AND METHODOLOGY

Q8. How often, if at all, do you go to the following sources for information about mental health? - Social media

	Total Current Students	Men	Women	Non- Binary/Prefer to self- describe	White	Black	Hispanic	AAPI	Thriving	Maintaining	Struggling
Unweighted Base	24,791	7,346	16,673	772	14,550	2,979	4,135	3,827	11,047	3,028	494
Top 2 Box (Net)	15%	12%	17%	16%	14%	16%	16%	19%	16%	15%	12%
All the time (5)	3%	2%	4%	4%	3%	5%	4%	4%	3%	3%	3%
Often (4)	12%	9%	13%	12%	11%	12%	13%	15%	12%	12%	9%
Sometimes (3)	26%	20%	28%	27%	25%	23%	26%	29%	26%	28%	23%
Bottom 2 Box (Net)	58%	67%	54%	55%	60%	59%	57%	51%	58%	56%	64%
Rarely (2)	26%	25%	27%	29%	28%	25%	25%	25%	27%	26%	19%
Never (1)	32%	42%	27%	26%	33%	35%	32%	26%	31%	30%	46%
Prefer not to answer	1%	2%	1%	3%	1%	1%	1%	2%	1%	1%	1%



## PUBLIC POLL FINDINGS AND METHODOLOGY

Q8. How often, if at all, do you go to the following sources for information about mental health? - Mental health and/or wellness apps

	<b>Total Current Students</b>	<b>Men</b>	<b>Women</b>	<b>Non- Binary/Prefer to self- describe</b>	<b>White</b>	<b>Black</b>	<b>Hispanic</b>	<b>AAPI</b>	<b>Thriving</b>	<b>Maintaining</b>	<b>Struggling</b>
Unweighted Base	24,791	7,346	16,673	772	14,550	2,979	4,135	3,827	11,047	3,028	494
Top 2 Box (Net)	10%	8%	12%	10%	10%	12%	11%	11%	11%	9%	8%
All the time (5)	2%	2%	3%	3%	2%	4%	3%	2%	3%	2%	2%
Often (4)	8%	6%	9%	8%	8%	8%	8%	9%	9%	7%	6%
Sometimes (3)	18%	14%	20%	19%	18%	19%	19%	19%	18%	19%	13%
Bottom 2 Box (Net)	70%	77%	67%	68%	71%	68%	69%	68%	69%	71%	78%
Rarely (2)	26%	23%	27%	23%	26%	25%	25%	26%	26%	25%	19%
Never (1)	44%	54%	40%	45%	45%	43%	43%	43%	43%	45%	59%
Prefer not to answer	1%	2%	1%	3%	1%	1%	1%	2%	1%	1%	1%



## PUBLIC POLL FINDINGS AND METHODOLOGY

Q8. How often, if at all, do you go to the following sources for information about mental health? - Top 2 Box Summary

	<b>Total Current Students</b>	<b>Men</b>	<b>Women</b>	<b>Non- Binary/Prefer to self- describe</b>	<b>White</b>	<b>Black</b>	<b>Hispanic</b>	<b>AAPI</b>	<b>Thriving</b>	<b>Maintaining</b>	<b>Struggling</b>
Unweighted Base	24,791	7,346	16,673	772	14,550	2,979	4,135	3,827	11,047	3,028	494
Your friends	40%	32%	43%	42%	42%	33%	39%	39%	46%	33%	20%
Your parent(s)/guardian(s)	30%	26%	32%	15%	32%	28%	27%	24%	37%	21%	14%
Your doctor	14%	10%	16%	20%	16%	13%	14%	11%	16%	13%	14%
The internet, websites, online articles	29%	23%	31%	40%	28%	27%	29%	33%	28%	29%	30%
The teachers or counselors at your college or university	8%	8%	8%	9%	7%	9%	9%	10%	9%	7%	6%
Other important figures in your life (coaches, pastors, family friends)	23%	20%	24%	14%	23%	22%	23%	22%	29%	15%	9%
Social media	15%	12%	17%	16%	14%	16%	16%	19%	16%	15%	12%
Mental health and/or wellness apps	10%	8%	12%	10%	10%	12%	11%	11%	11%	9%	8%



## PUBLIC POLL FINDINGS AND METHODOLOGY

Q8. How often, if at all, do you go to the following sources for information about mental health? - Bottom 2 Box Summary

	<b>Total Current Students</b>	<b>Men</b>	<b>Women</b>	<b>Non- Binary/Prefer to self- describe</b>	<b>White</b>	<b>Black</b>	<b>Hispanic</b>	<b>AAPI</b>	<b>Thriving</b>	<b>Maintaining</b>	<b>Struggling</b>
Unweighted Base	24,791	7,346	16,673	772	14,550	2,979	4,135	3,827	11,047	3,028	494
Your friends	25%	34%	22%	23%	24%	32%	27%	25%	21%	31%	49%
Your parent(s)/guardian(s)	43%	46%	41%	63%	40%	48%	47%	50%	35%	52%	68%
Your doctor	63%	70%	60%	51%	60%	68%	64%	67%	61%	65%	69%
The internet, websites, online articles	37%	46%	34%	24%	38%	41%	37%	32%	38%	36%	39%
The teachers or counselors at your college or university	76%	75%	76%	72%	78%	74%	74%	70%	74%	78%	82%
Other important figures in your life (coaches, pastors, family friends)	49%	53%	48%	61%	50%	51%	49%	49%	42%	59%	75%
Social media	58%	67%	54%	55%	60%	59%	57%	51%	58%	56%	64%
Mental health and/or wellness apps	70%	77%	67%	68%	71%	68%	69%	68%	69%	71%	78%







## PUBLIC POLL FINDINGS AND METHODOLOGY

Q9. Now for each of the below, think about how much you TRUST them as sources of information about mental health. - Your friends

	Total Current Students	Men	Women	Non- Binary/Prefer to self- describe	White	Black	Hispanic	AAPI	Thriving	Maintaining	Struggling
Unweighted Base	22,314	6,227	15,395	692	13,268	2,573	3,693	3,436	10,247	2,669	364
Top 2 Box (Net)	84%	82%	85%	83%	86%	81%	83%	83%	88%	81%	69%
A lot (5)	33%	31%	34%	35%	35%	28%	31%	31%	38%	26%	22%
A fair amount (4)	52%	52%	52%	48%	51%	53%	52%	52%	51%	56%	47%
Not very much (3)	11%	12%	11%	11%	10%	13%	12%	12%	8%	13%	21%
Bottom 2 Box (Net)	4%	5%	4%	5%	3%	6%	5%	4%	3%	4%	9%
Not at all (2)	2%	2%	1%	2%	1%	2%	2%	2%	1%	2%	4%
Not sure (1)	2%	2%	2%	3%	2%	4%	3%	2%	2%	3%	5%
Prefer not to answer	*	1%	*	1%	*	1%	1%	1%	*	1%	1%



## PUBLIC POLL FINDINGS AND METHODOLOGY

Q9. Now for each of the below, think about how much you TRUST them as sources of information about mental health. - Your parent(s)/guardian(s)

	Total Current Students	Men	Women	Non- Binary/Prefer to self- describe	White	Black	Hispanic	AAPI	Thriving	Maintaining	Struggling
Unweighted Base	19,075	5,504	13,117	454	11,670	2,161	3,070	2,722	9,205	2,147	250
Top 2 Box (Net)	82%	84%	82%	64%	84%	81%	80%	79%	87%	76%	61%
A lot (5)	46%	48%	46%	20%	49%	47%	41%	41%	54%	34%	29%
A fair amount (4)	36%	36%	36%	44%	35%	34%	38%	38%	33%	41%	32%
Not very much (3)	13%	11%	13%	25%	12%	12%	14%	15%	9%	17%	29%
Bottom 2 Box (Net)	5%	4%	5%	9%	4%	6%	5%	6%	3%	7%	9%
Not at all (2)	3%	2%	3%	7%	2%	3%	3%	3%	2%	4%	8%
Not sure (1)	2%	2%	2%	2%	2%	2%	2%	2%	2%	3%	1%
Prefer not to answer	1%	1%	*	2%	*	1%	1%	1%	*	1%	1%



## PUBLIC POLL FINDINGS AND METHODOLOGY

Q9. Now for each of the below, think about how much you TRUST them as sources of information about mental health. - Your doctor

	Total Current Students	Men	Women	Non- Binary/Prefer to self- describe	White	Black	Hispanic	AAPI	Thriving	Maintaining	Struggling
Unweighted Base	15,236	3,910	10,803	523	9,341	1,652	2,458	2,231	7,119	1,773	246
Top 2 Box (Net)	85%	82%	86%	85%	88%	80%	81%	83%	87%	83%	78%
A lot (5)	45%	44%	46%	44%	49%	36%	42%	42%	49%	42%	37%
A fair amount (4)	40%	39%	40%	41%	38%	44%	39%	41%	38%	41%	41%
Not very much (3)	9%	10%	9%	10%	8%	10%	11%	10%	8%	11%	10%
Bottom 2 Box (Net)	5%	6%	5%	5%	4%	8%	7%	6%	5%	6%	9%
Not at all (2)	2%	3%	2%	2%	1%	3%	3%	3%	2%	3%	4%
Not sure (1)	3%	3%	3%	3%	2%	5%	4%	3%	3%	3%	4%
Prefer not to answer	1%	1%	1%	1%	1%	1%	1%	1%	1%	1%	2%



## PUBLIC POLL FINDINGS AND METHODOLOGY

Q9. Now for each of the below, think about how much you TRUST them as sources of information about mental health. - The internet, websites, online articles

	Total Current Students	Men	Women	Non- Binary/Prefer to self- describe	White	Black	Hispanic	AAPI	Thriving	Maintaining	Struggling
Unweighted Base	20,475	5,590	14,202	683	12,021	2,350	3,425	3,267	9,125	2,519	381
Top 2 Box (Net)	55%	50%	57%	62%	54%	55%	54%	58%	55%	55%	47%
A lot (5)	8%	7%	8%	7%	7%	9%	8%	8%	8%	7%	7%
A fair amount (4)	47%	42%	49%	55%	47%	46%	46%	50%	47%	47%	40%
Not very much (3)	33%	36%	32%	28%	34%	28%	32%	31%	33%	33%	39%
Bottom 2 Box (Net)	12%	14%	11%	10%	11%	15%	13%	10%	12%	11%	13%
Not at all (2)	7%	9%	7%	5%	7%	9%	8%	6%	7%	6%	9%
Not sure (1)	5%	5%	5%	4%	4%	6%	5%	4%	4%	5%	4%
Prefer not to answer	1%	1%	*	1%	*	1%	1%	1%	*	1%	1%



## PUBLIC POLL FINDINGS AND METHODOLOGY

Q9. Now for each of the below, think about how much you TRUST them as sources of information about mental health. - The teachers or counselors at your college or university

	<b>Total Current Students</b>	<b>Men</b>	<b>Women</b>	<b>Non- Binary/Prefer to self- describe</b>	<b>White</b>	<b>Black</b>	<b>Hispanic</b>	<b>AAPI</b>	<b>Thriving</b>	<b>Maintaining</b>	<b>Struggling</b>
Unweighted Base	12,075	3,494	8,200	381	6,863	1,410	2,033	2,066	5,826	1,362	175
Top 2 Box (Net)	69%	69%	69%	70%	71%	65%	68%	69%	73%	65%	55%
A lot (5)	19%	20%	19%	19%	20%	19%	19%	18%	22%	15%	21%
A fair amount (4)	50%	49%	50%	52%	51%	46%	49%	51%	51%	50%	34%
Not very much (3)	20%	20%	21%	20%	20%	22%	20%	22%	18%	23%	31%
Bottom 2 Box (Net)	9%	10%	9%	8%	9%	13%	11%	8%	8%	11%	12%
Not at all (2)	4%	5%	4%	4%	4%	6%	5%	4%	4%	5%	7%
Not sure (1)	5%	5%	5%	4%	5%	7%	6%	4%	4%	5%	5%
Prefer not to answer	1%	1%	1%	2%	1%	1%	1%	1%	1%	1%	1%



## PUBLIC POLL FINDINGS AND METHODOLOGY

Q9. Now for each of the below, think about how much you TRUST them as sources of information about mental health. - Other important figures in your life (coaches, pastors, family friends)

	<b>Total Current Students</b>	<b>Men</b>	<b>Women</b>	<b>Non- Binary/Prefer to self- describe</b>	<b>White</b>	<b>Black</b>	<b>Hispanic</b>	<b>AAPI</b>	<b>Thriving</b>	<b>Maintaining</b>	<b>Struggling</b>
Unweighted Base	17,760	5,054	12,265	441	10,485	2,117	2,923	2,738	8,646	1,958	210
Top 2 Box (Net)	72%	73%	72%	53%	73%	71%	69%	70%	78%	66%	47%
A lot (5)	24%	25%	24%	10%	25%	23%	23%	22%	29%	16%	14%
A fair amount (4)	48%	48%	48%	43%	48%	49%	46%	48%	48%	50%	32%
Not very much (3)	18%	16%	18%	32%	17%	16%	20%	20%	14%	22%	33%
Bottom 2 Box (Net)	9%	9%	9%	13%	8%	11%	10%	10%	7%	10%	19%
Not at all (2)	4%	5%	4%	7%	3%	5%	5%	5%	3%	5%	11%
Not sure (1)	5%	5%	5%	6%	5%	6%	5%	5%	4%	5%	8%
Prefer not to answer	1%	1%	1%	2%	1%	1%	1%	1%	1%	1%	1%



## PUBLIC POLL FINDINGS AND METHODOLOGY

Q9. Now for each of the below, think about how much you TRUST them as sources of information about mental health. - Social media

	Total Current Students	Men	Women	Non- Binary/Prefer to self- describe	White	Black	Hispanic	AAPI	Thriving	Maintaining	Struggling
Unweighted Base	16,641	4,133	11,959	549	9,662	1,904	2,762	2,763	7,514	2,077	263
Top 2 Box (Net)	31%	27%	32%	30%	28%	35%	32%	35%	30%	32%	27%
A lot (5)	3%	5%	3%	2%	3%	5%	3%	5%	4%	4%	3%
A fair amount (4)	27%	23%	28%	29%	25%	30%	29%	30%	26%	29%	24%
Not very much (3)	47%	47%	47%	50%	50%	40%	46%	46%	48%	46%	48%
Bottom 2 Box (Net)	22%	24%	21%	19%	22%	25%	21%	18%	21%	21%	25%
Not at all (2)	17%	20%	16%	15%	18%	18%	16%	13%	17%	16%	20%
Not sure (1)	5%	5%	5%	4%	4%	7%	5%	5%	5%	5%	5%
Prefer not to answer	1%	1%	*	1%	*	1%	1%	1%	1%	1%	1%



## PUBLIC POLL FINDINGS AND METHODOLOGY

Q9. Now for each of the below, think about how much you TRUST them as sources of information about mental health. - Mental health and/or wellness apps

	<b>Total Current Students</b>	<b>Men</b>	<b>Women</b>	<b>Non- Binary/Prefer to self- describe</b>	<b>White</b>	<b>Black</b>	<b>Hispanic</b>	<b>AAPI</b>	<b>Thriving</b>	<b>Maintaining</b>	<b>Struggling</b>
Unweighted Base	13,529	3,247	9,879	403	7,871	1,651	2,282	2,113	6,222	1,621	198
Top 2 Box (Net)	56%	50%	58%	50%	56%	59%	55%	55%	59%	52%	49%
A lot (5)	10%	11%	10%	8%	10%	13%	10%	10%	12%	8%	12%
A fair amount (4)	46%	40%	48%	42%	46%	46%	45%	45%	47%	44%	38%
Not very much (3)	31%	33%	30%	37%	32%	25%	31%	32%	29%	34%	30%
Bottom 2 Box (Net)	13%	16%	12%	11%	12%	14%	13%	12%	12%	13%	19%
Not at all (2)	6%	9%	6%	7%	6%	7%	7%	6%	6%	7%	12%
Not sure (1)	6%	7%	6%	4%	6%	8%	6%	6%	6%	6%	7%
Prefer not to answer	1%	1%	1%	2%	1%	1%	1%	1%	1%	1%	1%





## PUBLIC POLL FINDINGS AND METHODOLOGY

Q9. Now for each of the below, think about how much you TRUST them as sources of information about mental health. - Top 2 Box Summary

	<b>Total Current Students</b>	<b>Men</b>	<b>Women</b>	<b>Non- Binary/Prefer to self- describe</b>	<b>White</b>	<b>Black</b>	<b>Hispanic</b>	<b>AAPI</b>	<b>Thriving</b>	<b>Maintaining</b>	<b>Struggling</b>
Unweighted Base	<i>Base varies</i>	<i>Base varies</i>	<i>Base varies</i>	<i>Base varies</i>	<i>Base varies</i>	<i>Base varies</i>	<i>Base varies</i>	<i>Base varies</i>	<i>Base varies</i>	<i>Base varies</i>	<i>Base varies</i>
Your friends	84%	82%	85%	83%	86%	81%	83%	83%	88%	81%	69%
Your parent(s)/guardian(s)	82%	84%	82%	64%	84%	81%	80%	79%	87%	76%	61%
Your doctor	85%	82%	86%	85%	88%	80%	81%	83%	87%	83%	78%
The internet, websites, online articles	55%	50%	57%	62%	54%	55%	54%	58%	55%	55%	47%
The teachers or counselors at your college or university	69%	69%	69%	70%	71%	65%	68%	69%	73%	65%	55%
Other important figures in your life (coaches, pastors, family friends)	72%	73%	72%	53%	73%	71%	69%	70%	78%	66%	47%
Social media	31%	27%	32%	30%	28%	35%	32%	35%	30%	32%	27%
Mental health and/or wellness apps	56%	50%	58%	50%	56%	59%	55%	55%	59%	52%	49%



## PUBLIC POLL FINDINGS AND METHODOLOGY

Q9. Now for each of the below, think about how much you TRUST them as sources of information about mental health. - Bottom 2 Box Summary

	<b>Total Current Students</b>	<b>Men</b>	<b>Women</b>	<b>Non- Binary/Prefer to self- describe</b>	<b>White</b>	<b>Black</b>	<b>Hispanic</b>	<b>AAPI</b>	<b>Thriving</b>	<b>Maintaining</b>	<b>Struggling</b>
Unweighted Base	<i>Base varies</i>	<i>Base varies</i>	<i>Base varies</i>	<i>Base varies</i>	<i>Base varies</i>	<i>Base varies</i>	<i>Base varies</i>	<i>Base varies</i>	<i>Base varies</i>	<i>Base varies</i>	<i>Base varies</i>
Your friends	4%	5%	4%	5%	3%	6%	5%	4%	3%	4%	9%
Your parent(s)/guardian(s)	5%	4%	5%	9%	4%	6%	5%	6%	3%	7%	9%
Your doctor	5%	6%	5%	5%	4%	8%	7%	6%	5%	6%	9%
The internet, websites, online articles	12%	14%	11%	10%	11%	15%	13%	10%	12%	11%	13%
The teachers or counselors at your college or university	9%	10%	9%	8%	9%	13%	11%	8%	8%	11%	12%
Other important figures in your life (coaches, pastors, family friends)	9%	9%	9%	13%	8%	11%	10%	10%	7%	10%	19%
Social media	22%	24%	21%	19%	22%	25%	21%	18%	21%	21%	25%
Mental health and/or wellness apps	13%	16%	12%	11%	12%	14%	13%	12%	12%	13%	19%



## PUBLIC POLL FINDINGS AND METHODOLOGY

Q10. How much do you agree or disagree with each of the following statements? - I know how to help a friend who's upset or depressed

	<b>Total Current Students</b>	<b>Men</b>	<b>Women</b>	<b>Non- Binary/Prefer to self- describe</b>	<b>White</b>	<b>Black</b>	<b>Hispanic</b>	<b>AAPI</b>	<b>Thriving</b>	<b>Maintaining</b>	<b>Struggling</b>
Unweighted Base	24,791	7,346	16,673	772	14,550	2,979	4,135	3,827	11,047	3,028	494
Top 2 Box (Net)	73%	69%	76%	68%	75%	74%	71%	69%	77%	66%	57%
Strongly agree (5)	24%	22%	25%	25%	24%	28%	24%	20%	27%	18%	18%
Somewhat agree (4)	49%	47%	51%	42%	51%	45%	47%	50%	51%	48%	39%
Don't agree or disagree (3)	14%	16%	13%	13%	12%	14%	15%	16%	12%	17%	18%
Bottom 2 Box (Net)	12%	14%	11%	17%	12%	11%	12%	13%	10%	15%	22%
Somewhat disagree (2)	9%	11%	9%	13%	9%	8%	9%	10%	8%	12%	13%
Strongly disagree (1)	3%	3%	2%	4%	2%	3%	3%	3%	2%	3%	10%
Prefer not to answer	1%	2%	1%	3%	1%	1%	1%	2%	1%	1%	3%



## PUBLIC POLL FINDINGS AND METHODOLOGY

Q10. How much do you agree or disagree with each of the following statements? - My friends would be supportive if I told them I was getting mental health treatment

	<b>Total Current Students</b>	<b>Men</b>	<b>Women</b>	<b>Non- Binary/Prefer to self- describe</b>	<b>White</b>	<b>Black</b>	<b>Hispanic</b>	<b>AAPI</b>	<b>Thriving</b>	<b>Maintaining</b>	<b>Struggling</b>
Unweighted Base	24,791	7,346	16,673	772	14,550	2,979	4,135	3,827	11,047	3,028	494
Top 2 Box (Net)	86%	77%	90%	87%	88%	83%	85%	82%	89%	83%	67%
Strongly agree (5)	58%	43%	64%	73%	62%	57%	58%	48%	62%	51%	42%
Somewhat agree (4)	28%	34%	26%	14%	26%	25%	26%	34%	27%	31%	24%
Don't agree or disagree (3)	9%	15%	7%	6%	8%	12%	10%	12%	7%	12%	18%
Bottom 2 Box (Net)	3%	5%	2%	4%	3%	4%	4%	4%	2%	4%	11%
Somewhat disagree (2)	2%	3%	2%	1%	2%	3%	2%	3%	2%	3%	4%
Strongly disagree (1)	1%	2%	1%	2%	1%	1%	1%	1%	1%	1%	7%
Prefer not to answer	1%	2%	1%	3%	1%	2%	2%	2%	1%	1%	4%



## PUBLIC POLL FINDINGS AND METHODOLOGY

Q10. How much do you agree or disagree with each of the following statements? - I know how to help a friend who has talked about hurting themselves

	<b>Total Current Students</b>	<b>Men</b>	<b>Women</b>	<b>Non- Binary/Prefer to self- describe</b>	<b>White</b>	<b>Black</b>	<b>Hispanic</b>	<b>AAPI</b>	<b>Thriving</b>	<b>Maintaining</b>	<b>Struggling</b>
Unweighted Base	24,791	7,346	16,673	772	14,550	2,979	4,135	3,827	11,047	3,028	494
Top 2 Box (Net)	63%	59%	65%	62%	64%	66%	63%	59%	66%	58%	52%
Strongly agree (5)	24%	22%	25%	25%	24%	28%	24%	19%	25%	18%	20%
Somewhat agree (4)	40%	38%	40%	37%	40%	37%	38%	40%	41%	40%	32%
Don't agree or disagree (3)	15%	18%	15%	12%	14%	17%	17%	18%	15%	17%	16%
Bottom 2 Box (Net)	19%	21%	19%	23%	20%	16%	19%	21%	17%	23%	28%
Somewhat disagree (2)	14%	14%	14%	16%	14%	10%	13%	15%	12%	16%	15%
Strongly disagree (1)	6%	7%	5%	7%	6%	6%	6%	6%	5%	7%	13%
Prefer not to answer	2%	2%	1%	3%	1%	2%	2%	2%	1%	1%	3%



## PUBLIC POLL FINDINGS AND METHODOLOGY

Q10. How much do you agree or disagree with each of the following statements? - My friends and I talk regularly about mental health

	<b>Total Current Students</b>	<b>Men</b>	<b>Women</b>	<b>Non- Binary/Prefer to self- describe</b>	<b>White</b>	<b>Black</b>	<b>Hispanic</b>	<b>AAPI</b>	<b>Thriving</b>	<b>Maintaining</b>	<b>Struggling</b>
Unweighted Base	24,791	7,346	16,673	772	14,550	2,979	4,135	3,827	11,047	3,028	494
Top 2 Box (Net)	52%	36%	59%	66%	53%	53%	51%	50%	55%	48%	38%
Strongly agree (5)	17%	9%	20%	29%	18%	18%	17%	15%	20%	15%	9%
Somewhat agree (4)	35%	27%	38%	37%	35%	35%	34%	35%	36%	33%	29%
Don't agree or disagree (3)	20%	23%	19%	13%	19%	20%	20%	20%	20%	22%	18%
Bottom 2 Box (Net)	27%	40%	22%	18%	27%	26%	27%	28%	24%	29%	42%
Somewhat disagree (2)	16%	21%	15%	10%	17%	15%	15%	19%	16%	17%	18%
Strongly disagree (1)	10%	18%	7%	8%	10%	11%	11%	10%	8%	12%	24%
Prefer not to answer	1%	2%	1%	3%	1%	2%	2%	2%	1%	1%	3%



## PUBLIC POLL FINDINGS AND METHODOLOGY

Q10. How much do you agree or disagree with each of the following statements? - I fear I may be judged by others if I talk openly about my mental health

	<b>Total Current Students</b>	<b>Men</b>	<b>Women</b>	<b>Non- Binary/Prefer to self- describe</b>	<b>White</b>	<b>Black</b>	<b>Hispanic</b>	<b>AAPI</b>	<b>Thriving</b>	<b>Maintaining</b>	<b>Struggling</b>
Unweighted Base	24,791	7,346	16,673	772	14,550	2,979	4,135	3,827	11,047	3,028	494
Top 2 Box (Net)	43%	42%	43%	51%	43%	41%	44%	45%	35%	51%	66%
Strongly agree (5)	14%	14%	13%	21%	14%	15%	15%	13%	9%	17%	37%
Somewhat agree (4)	29%	28%	29%	30%	29%	26%	29%	32%	26%	34%	29%
Don't agree or disagree (3)	19%	22%	18%	14%	19%	20%	20%	20%	20%	20%	12%
Bottom 2 Box (Net)	36%	33%	38%	32%	37%	37%	35%	33%	44%	28%	20%
Somewhat disagree (2)	21%	19%	22%	19%	23%	18%	19%	21%	25%	18%	11%
Strongly disagree (1)	15%	14%	15%	13%	14%	20%	16%	12%	19%	10%	9%
Prefer not to answer	2%	2%	1%	4%	1%	2%	2%	2%	1%	1%	2%



## PUBLIC POLL FINDINGS AND METHODOLOGY

Q10. How much do you agree or disagree with each of the following statements? - I can recognize when a friend is experiencing an emotional challenge

	<b>Total Current Students</b>	<b>Men</b>	<b>Women</b>	<b>Non- Binary/Prefer to self- describe</b>	<b>White</b>	<b>Black</b>	<b>Hispanic</b>	<b>AAPI</b>	<b>Thriving</b>	<b>Maintaining</b>	<b>Struggling</b>
Unweighted Base	24,791	7,346	16,673	772	14,550	2,979	4,135	3,827	11,047	3,028	494
Top 2 Box (Net)	84%	76%	88%	80%	86%	84%	83%	80%	86%	81%	76%
Strongly agree (5)	35%	28%	39%	37%	36%	41%	36%	28%	37%	29%	29%
Somewhat agree (4)	49%	49%	49%	43%	50%	43%	47%	51%	49%	52%	46%
Don't agree or disagree (3)	9%	13%	7%	9%	8%	9%	10%	12%	8%	11%	11%
Bottom 2 Box (Net)	5%	8%	4%	8%	5%	5%	6%	7%	4%	7%	11%
Somewhat disagree (2)	4%	6%	3%	6%	4%	4%	4%	5%	4%	6%	6%
Strongly disagree (1)	1%	2%	1%	2%	1%	1%	1%	2%	1%	1%	5%
Prefer not to answer	1%	2%	1%	3%	1%	1%	1%	2%	1%	1%	3%





## PUBLIC POLL FINDINGS AND METHODOLOGY

Q10. How much do you agree or disagree with each of the following statements? - Top 2 Box Summary

	<b>Total Current Students</b>	<b>Men</b>	<b>Women</b>	<b>Non- Binary/Prefer to self- describe</b>	<b>White</b>	<b>Black</b>	<b>Hispanic</b>	<b>AAPI</b>	<b>Thriving</b>	<b>Maintaining</b>	<b>Struggling</b>
Unweighted Base	24,791	7,346	16,673	772	14,550	2,979	4,135	3,827	11,047	3,028	494
I know how to help a friend who's upset or depressed	73%	69%	76%	68%	75%	74%	71%	69%	77%	66%	57%
My friends would be supportive if I told them I was getting mental health treatment	86%	77%	90%	87%	88%	83%	85%	82%	89%	83%	67%
I know how to help a friend who has talked about hurting themselves	63%	59%	65%	62%	64%	66%	63%	59%	66%	58%	52%
My friends and I talk regularly about mental health	52%	36%	59%	66%	53%	53%	51%	50%	55%	48%	38%
I fear I may be judged by others if I talk openly about my mental health	43%	42%	43%	51%	43%	41%	44%	45%	35%	51%	66%
I can recognize when a friend is experiencing an emotional challenge	84%	76%	88%	80%	86%	84%	83%	80%	86%	81%	76%



## PUBLIC POLL FINDINGS AND METHODOLOGY

Q10. How much do you agree or disagree with each of the following statements? - Bottom 2 Box Summary

	<b>Total Current Students</b>	<b>Men</b>	<b>Women</b>	<b>Non- Binary/Prefer to self- describe</b>	<b>White</b>	<b>Black</b>	<b>Hispanic</b>	<b>AAPI</b>	<b>Thriving</b>	<b>Maintaining</b>	<b>Struggling</b>
Unweighted Base	24,791	7,346	16,673	772	14,550	2,979	4,135	3,827	11,047	3,028	494
I know how to help a friend who's upset or depressed	12%	14%	11%	17%	12%	11%	12%	13%	10%	15%	22%
My friends would be supportive if I told them I was getting mental health treatment	3%	5%	2%	4%	3%	4%	4%	4%	2%	4%	11%
I know how to help a friend who has talked about hurting themselves	19%	21%	19%	23%	20%	16%	19%	21%	17%	23%	28%
My friends and I talk regularly about mental health	27%	40%	22%	18%	27%	26%	27%	28%	24%	29%	42%
I fear I may be judged by others if I talk openly about my mental health	36%	33%	38%	32%	37%	37%	35%	33%	44%	28%	20%
I can recognize when a friend is experiencing an emotional challenge	5%	8%	4%	8%	5%	5%	6%	7%	4%	7%	11%



## PUBLIC POLL FINDINGS AND METHODOLOGY

Q11. Please indicate the amount of time you have spent doing the following activities during the past month to support your mental health. - Listening to music

	Total Current Students	Men	Women	Non- Binary/Prefer to self- describe	White	Black	Hispanic	AAPI	Thriving	Maintaining	Struggling
Unweighted Base	24,791	7,346	16,673	772	14,550	2,979	4,135	3,827	11,047	3,028	494
Top 2 Box (Net)	82%	80%	83%	82%	82%	85%	84%	79%	84%	80%	74%
All the time (5)	45%	43%	45%	52%	43%	57%	50%	40%	45%	43%	43%
Often (4)	37%	36%	38%	30%	39%	29%	34%	38%	38%	37%	32%
Sometimes (3)	14%	15%	13%	12%	14%	11%	12%	16%	13%	15%	15%
Bottom 2 Box (Net)	4%	4%	3%	4%	3%	3%	4%	4%	3%	4%	10%
Rarely (2)	3%	3%	3%	3%	3%	2%	3%	3%	2%	3%	6%
Never (1)	1%	1%	1%	1%	1%	1%	1%	1%	1%	1%	3%
Prefer not to answer	1%	2%	1%	2%	1%	1%	1%	2%	1%	1%	1%



## PUBLIC POLL FINDINGS AND METHODOLOGY

Q11. Please indicate the amount of time you have spent doing the following activities during the past month to support your mental health. - Spend time outside (walking, connecting with nature)

	<b>Total Current Students</b>	<b>Men</b>	<b>Women</b>	<b>Non- Binary/Prefer to self- describe</b>	<b>White</b>	<b>Black</b>	<b>Hispanic</b>	<b>AAPI</b>	<b>Thriving</b>	<b>Maintaining</b>	<b>Struggling</b>
Unweighted Base	24,791	7,346	16,673	772	14,550	2,979	4,135	3,827	11,047	3,028	494
Top 2 Box (Net)	43%	43%	43%	35%	45%	35%	41%	41%	51%	34%	23%
All the time (5)	12%	12%	12%	9%	12%	12%	12%	10%	16%	7%	5%
Often (4)	31%	31%	31%	26%	33%	24%	28%	32%	35%	27%	18%
Sometimes (3)	35%	34%	36%	36%	36%	33%	35%	35%	33%	40%	32%
Bottom 2 Box (Net)	21%	21%	21%	27%	18%	31%	24%	23%	15%	26%	44%
Rarely (2)	17%	17%	17%	22%	15%	23%	19%	18%	12%	20%	28%
Never (1)	4%	5%	4%	5%	3%	8%	5%	5%	3%	6%	16%
Prefer not to answer	1%	1%	1%	2%	1%	1%	1%	1%	1%	1%	1%



## PUBLIC POLL FINDINGS AND METHODOLOGY

Q11. Please indicate the amount of time you have spent doing the following activities during the past month to support your mental health. - Meditating (practicing mindfulness)

	Total Current Students	Men	Women	Non- Binary/Prefer to self- describe	White	Black	Hispanic	AAPI	Thriving	Maintaining	Struggling
Unweighted Base	24,791	7,346	16,673	772	14,550	2,979	4,135	3,827	11,047	3,028	494
Top 2 Box (Net)	12%	13%	12%	10%	11%	16%	12%	13%	15%	10%	6%
All the time (5)	3%	3%	3%	3%	2%	5%	3%	3%	4%	2%	1%
Often (4)	9%	10%	9%	7%	8%	11%	9%	10%	11%	8%	5%
Sometimes (3)	20%	19%	20%	18%	19%	21%	19%	20%	21%	17%	11%
Bottom 2 Box (Net)	67%	67%	68%	69%	69%	61%	68%	65%	63%	72%	82%
Rarely (2)	29%	28%	30%	30%	30%	28%	28%	30%	30%	30%	25%
Never (1)	38%	39%	37%	40%	39%	34%	40%	35%	33%	42%	56%
Prefer not to answer	1%	1%	1%	3%	1%	1%	1%	2%	1%	1%	1%



## PUBLIC POLL FINDINGS AND METHODOLOGY

Q11. Please indicate the amount of time you have spent doing the following activities during the past month to support your mental health. - Socializing/talking with friends or family

	<b>Total Current Students</b>	<b>Men</b>	<b>Women</b>	<b>Non- Binary/Prefer to self- describe</b>	<b>White</b>	<b>Black</b>	<b>Hispanic</b>	<b>AAPI</b>	<b>Thriving</b>	<b>Maintaining</b>	<b>Struggling</b>
Unweighted Base	24,791	7,346	16,673	772	14,550	2,979	4,135	3,827	11,047	3,028	494
Top 2 Box (Net)	67%	61%	70%	57%	70%	60%	66%	63%	79%	55%	28%
All the time (5)	24%	21%	26%	16%	25%	24%	25%	20%	33%	13%	6%
Often (4)	43%	41%	44%	41%	45%	37%	41%	43%	46%	42%	22%
Sometimes (3)	25%	28%	24%	31%	24%	28%	25%	27%	17%	35%	38%
Bottom 2 Box (Net)	7%	10%	6%	10%	5%	11%	8%	8%	3%	10%	33%
Rarely (2)	6%	8%	5%	8%	4%	9%	6%	7%	3%	8%	23%
Never (1)	1%	2%	1%	2%	1%	2%	2%	2%	1%	2%	10%
Prefer not to answer	1%	1%	1%	2%	1%	1%	1%	1%	1%	1%	1%



## PUBLIC POLL FINDINGS AND METHODOLOGY

Q11. Please indicate the amount of time you have spent doing the following activities during the past month to support your mental health. - Getting a good (7-9 hours) nights sleep

	Total Current Students	Men	Women	Non- Binary/Prefer to self- describe	White	Black	Hispanic	AAPI	Thriving	Maintaining	Struggling
Unweighted Base	24,791	7,346	16,673	772	14,550	2,979	4,135	3,827	11,047	3,028	494
Top 2 Box (Net)	42%	43%	42%	34%	46%	31%	39%	40%	51%	33%	27%
All the time (5)	13%	13%	13%	11%	15%	10%	12%	12%	18%	8%	7%
Often (4)	29%	29%	29%	24%	31%	21%	27%	28%	33%	24%	20%
Sometimes (3)	32%	31%	32%	31%	31%	34%	32%	34%	31%	36%	21%
Bottom 2 Box (Net)	25%	24%	25%	32%	23%	34%	28%	25%	17%	31%	51%
Rarely (2)	20%	19%	20%	22%	18%	26%	22%	20%	15%	24%	31%
Never (1)	5%	5%	5%	10%	4%	8%	6%	5%	3%	7%	21%
Prefer not to answer	1%	1%	1%	2%	1%	1%	1%	1%	1%	1%	1%



## PUBLIC POLL FINDINGS AND METHODOLOGY

Q11. Please indicate the amount of time you have spent doing the following activities during the past month to support your mental health. - Eating healthy with proper nutrition

	<b>Total Current Students</b>	<b>Men</b>	<b>Women</b>	<b>Non- Binary/Prefer to self- describe</b>	<b>White</b>	<b>Black</b>	<b>Hispanic</b>	<b>AAPI</b>	<b>Thriving</b>	<b>Maintaining</b>	<b>Struggling</b>
Unweighted Base	24,791	7,346	16,673	772	14,550	2,979	4,135	3,827	11,047	3,028	494
Top 2 Box (Net)	38%	42%	36%	24%	39%	28%	37%	40%	48%	28%	16%
All the time (5)	9%	12%	9%	5%	10%	8%	9%	10%	13%	6%	3%
Often (4)	28%	30%	28%	19%	30%	19%	27%	31%	34%	22%	13%
Sometimes (3)	39%	36%	40%	41%	39%	41%	37%	40%	37%	43%	31%
Bottom 2 Box (Net)	23%	20%	23%	32%	21%	30%	25%	18%	15%	28%	51%
Rarely (2)	17%	16%	18%	25%	17%	23%	19%	14%	13%	21%	31%
Never (1)	5%	4%	5%	7%	5%	7%	6%	4%	2%	7%	20%
Prefer not to answer	1%	1%	1%	3%	1%	1%	1%	2%	1%	1%	1%





## PUBLIC POLL FINDINGS AND METHODOLOGY

Q11. Please indicate the amount of time you have spent doing the following activities during the past month to support your mental health. - Taking care of or playing with a pet

	Total Current Students	Men	Women	Non- Binary/Prefer to self- describe	White	Black	Hispanic	AAPI	Thriving	Maintaining	Struggling
Unweighted Base	24,791	7,346	16,673	772	14,550	2,979	4,135	3,827	11,047	3,028	494
Top 2 Box (Net)	30%	21%	34%	31%	34%	22%	31%	21%	31%	28%	24%
All the time (5)	14%	8%	17%	18%	16%	11%	15%	8%	14%	12%	12%
Often (4)	16%	13%	17%	13%	18%	11%	16%	13%	17%	16%	11%
Sometimes (3)	20%	20%	20%	18%	21%	17%	20%	18%	21%	21%	15%
Bottom 2 Box (Net)	48%	57%	44%	46%	43%	59%	47%	58%	46%	50%	60%
Rarely (2)	19%	21%	18%	16%	19%	18%	19%	19%	19%	20%	12%
Never (1)	29%	36%	26%	30%	24%	41%	28%	40%	26%	30%	48%
Prefer not to answer	2%	2%	2%	5%	1%	2%	2%	3%	2%	1%	2%



## PUBLIC POLL FINDINGS AND METHODOLOGY

Q11. Please indicate the amount of time you have spent doing the following activities during the past month to support your mental health. - Exercising

	Total Current Students	Men	Women	Non- Binary/Prefer to self- describe	White	Black	Hispanic	AAPI	Thriving	Maintaining	Struggling
Unweighted Base	24,791	7,346	16,673	772	14,550	2,979	4,135	3,827	11,047	3,028	494
Top 2 Box (Net)	39%	50%	35%	19%	41%	33%	39%	36%	47%	29%	21%
All the time (5)	14%	21%	12%	6%	15%	13%	16%	12%	19%	10%	8%
Often (4)	25%	29%	23%	13%	26%	20%	24%	24%	28%	19%	13%
Sometimes (3)	30%	27%	32%	28%	30%	30%	29%	33%	29%	34%	23%
Bottom 2 Box (Net)	30%	22%	32%	50%	29%	36%	31%	29%	23%	37%	54%
Rarely (2)	21%	16%	23%	34%	21%	24%	21%	21%	17%	25%	31%
Never (1)	9%	6%	9%	16%	8%	12%	10%	8%	5%	12%	23%
Prefer not to answer	1%	1%	1%	2%	1%	1%	1%	1%	1%	1%	1%



## PUBLIC POLL FINDINGS AND METHODOLOGY

Q11. Please indicate the amount of time you have spent doing the following activities during the past month to support your mental health. - Reading a book

	Total Current Students	Men	Women	Non- Binary/Prefer to self- describe	White	Black	Hispanic	AAPI	Thriving	Maintaining	Struggling
Unweighted Base	24,791	7,346	16,673	772	14,550	2,979	4,135	3,827	11,047	3,028	494
Top 2 Box (Net)	20%	16%	22%	21%	20%	20%	20%	19%	23%	18%	12%
All the time (5)	6%	4%	6%	7%	6%	7%	6%	5%	7%	4%	3%
Often (4)	14%	12%	16%	14%	15%	13%	14%	15%	16%	13%	8%
Sometimes (3)	26%	23%	26%	31%	26%	27%	24%	26%	26%	28%	24%
Bottom 2 Box (Net)	53%	60%	51%	46%	53%	52%	55%	53%	50%	53%	63%
Rarely (2)	28%	29%	27%	25%	27%	28%	29%	28%	27%	27%	27%
Never (1)	26%	30%	24%	21%	26%	25%	26%	25%	23%	26%	36%
Prefer not to answer	1%	2%	1%	2%	1%	1%	1%	2%	1%	1%	1%



## PUBLIC POLL FINDINGS AND METHODOLOGY

Q11. Please indicate the amount of time you have spent doing the following activities during the past month to support your mental health. - Journaling

	<b>Total Current Students</b>	<b>Men</b>	<b>Women</b>	<b>Non- Binary/Prefer to self- describe</b>	<b>White</b>	<b>Black</b>	<b>Hispanic</b>	<b>AAPI</b>	<b>Thriving</b>	<b>Maintaining</b>	<b>Struggling</b>
Unweighted Base	24,791	7,346	16,673	772	14,550	2,979	4,135	3,827	11,047	3,028	494
Top 2 Box (Net)	11%	9%	12%	12%	11%	14%	12%	13%	13%	9%	8%
All the time (5)	3%	3%	3%	3%	3%	4%	3%	4%	4%	2%	1%
Often (4)	8%	6%	9%	9%	8%	9%	9%	9%	9%	7%	7%
Sometimes (3)	19%	14%	21%	20%	18%	24%	18%	21%	19%	19%	14%
Bottom 2 Box (Net)	69%	75%	66%	65%	71%	61%	69%	65%	66%	71%	77%
Rarely (2)	25%	22%	27%	25%	25%	26%	26%	25%	26%	25%	23%
Never (1)	43%	53%	39%	40%	46%	35%	43%	39%	41%	46%	54%
Prefer not to answer	1%	2%	1%	3%	1%	1%	1%	2%	1%	1%	1%



## PUBLIC POLL FINDINGS AND METHODOLOGY

Q11. Please indicate the amount of time you have spent doing the following activities during the past month to support your mental health. - Volunteering

	<b>Total Current Students</b>	<b>Men</b>	<b>Women</b>	<b>Non- Binary/Prefer to self- describe</b>	<b>White</b>	<b>Black</b>	<b>Hispanic</b>	<b>AAPI</b>	<b>Thriving</b>	<b>Maintaining</b>	<b>Struggling</b>
Unweighted Base	24,791	7,346	16,673	772	14,550	2,979	4,135	3,827	11,047	3,028	494
Top 2 Box (Net)	12%	11%	13%	7%	11%	15%	11%	15%	16%	9%	7%
All the time (5)	3%	3%	3%	1%	2%	4%	3%	3%	4%	2%	2%
Often (4)	10%	9%	10%	6%	9%	11%	9%	12%	12%	8%	4%
Sometimes (3)	22%	20%	23%	16%	22%	24%	21%	23%	25%	20%	10%
Bottom 2 Box (Net)	64%	67%	63%	73%	66%	60%	66%	60%	58%	70%	81%
Rarely (2)	28%	27%	29%	23%	28%	29%	28%	27%	29%	28%	23%
Never (1)	36%	39%	34%	50%	38%	31%	39%	33%	29%	42%	58%
Prefer not to answer	1%	2%	1%	4%	1%	1%	2%	2%	1%	1%	2%



## PUBLIC POLL FINDINGS AND METHODOLOGY

Q11. Please indicate the amount of time you have spent doing the following activities during the past month to support your mental health. - Watching TV or movies

	<b>Total Current Students</b>	<b>Men</b>	<b>Women</b>	<b>Non- Binary/Prefer to self- describe</b>	<b>White</b>	<b>Black</b>	<b>Hispanic</b>	<b>AAPI</b>	<b>Thriving</b>	<b>Maintaining</b>	<b>Struggling</b>
Unweighted Base	24,791	7,346	16,673	772	14,550	2,979	4,135	3,827	11,047	3,028	494
Top 2 Box (Net)	59%	51%	63%	50%	60%	64%	59%	54%	61%	58%	49%
All the time (5)	19%	14%	21%	15%	17%	27%	20%	16%	19%	18%	16%
Often (4)	41%	37%	43%	35%	43%	37%	39%	38%	43%	40%	33%
Sometimes (3)	27%	30%	25%	29%	27%	24%	27%	29%	26%	28%	28%
Bottom 2 Box (Net)	13%	17%	11%	19%	12%	12%	13%	16%	12%	13%	22%
Rarely (2)	10%	13%	9%	13%	10%	9%	10%	13%	10%	10%	13%
Never (1)	3%	4%	2%	5%	3%	3%	3%	4%	2%	3%	9%
Prefer not to answer	1%	1%	1%	2%	1%	1%	1%	1%	1%	1%	1%



## PUBLIC POLL FINDINGS AND METHODOLOGY

Q11. Please indicate the amount of time you have spent doing the following activities during the past month to support your mental health. - Engaging with your faith

	Total Current Students	Men	Women	Non- Binary/Prefer to self- describe	White	Black	Hispanic	AAPI	Thriving	Maintaining	Struggling
Unweighted Base	24,791	7,346	16,673	772	14,550	2,979	4,135	3,827	11,047	3,028	494
Top 2 Box (Net)	25%	26%	26%	7%	22%	41%	24%	23%	33%	15%	9%
All the time (5)	10%	11%	11%	2%	9%	20%	10%	7%	14%	4%	3%
Often (4)	15%	15%	15%	6%	14%	22%	14%	16%	18%	11%	6%
Sometimes (3)	19%	20%	20%	10%	17%	25%	21%	21%	20%	18%	11%
Bottom 2 Box (Net)	52%	52%	51%	72%	56%	31%	52%	52%	44%	63%	77%
Rarely (2)	17%	16%	18%	13%	17%	15%	19%	17%	16%	19%	17%
Never (1)	34%	35%	33%	60%	39%	17%	33%	35%	28%	44%	60%
Prefer not to answer	4%	3%	4%	10%	4%	3%	4%	4%	3%	4%	3%



## PUBLIC POLL FINDINGS AND METHODOLOGY

Q11. Please indicate the amount of time you have spent doing the following activities during the past month to support your mental health. - Top 2 Box Summary

	<b>Total Current Students</b>	<b>Men</b>	<b>Women</b>	<b>Non- Binary/Prefer to self- describe</b>	<b>White</b>	<b>Black</b>	<b>Hispanic</b>	<b>AAPI</b>	<b>Thriving</b>	<b>Maintaining</b>	<b>Struggling</b>
Unweighted Base	24,791	7,346	16,673	772	14,550	2,979	4,135	3,827	11,047	3,028	494
Listening to music	82%	80%	83%	82%	82%	85%	84%	79%	84%	80%	74%
Spend time outside (walking, connecting with nature)	43%	43%	43%	35%	45%	35%	41%	41%	51%	34%	23%
Meditating (practicing mindfulness)	12%	13%	12%	10%	11%	16%	12%	13%	15%	10%	6%
Socializing/talking with friends or family	67%	61%	70%	57%	70%	60%	66%	63%	79%	55%	28%
Getting a good (7-9 hours) nights sleep	42%	43%	42%	34%	46%	31%	39%	40%	51%	33%	27%
Eating healthy with proper nutrition	38%	42%	36%	24%	39%	28%	37%	40%	48%	28%	16%
Taking care of or playing with a pet	30%	21%	34%	31%	34%	22%	31%	21%	31%	28%	24%
Exercising	39%	50%	35%	19%	41%	33%	39%	36%	47%	29%	21%
Reading a book	20%	16%	22%	21%	20%	20%	20%	19%	23%	18%	12%
Journaling	11%	9%	12%	12%	11%	14%	12%	13%	13%	9%	8%
Volunteering	12%	11%	13%	7%	11%	15%	11%	15%	16%	9%	7%
Watching TV or movies	59%	51%	63%	50%	60%	64%	59%	54%	61%	58%	49%
Engaging with your faith	25%	26%	26%	7%	22%	41%	24%	23%	33%	15%	9%





## PUBLIC POLL FINDINGS AND METHODOLOGY

Q11. Please indicate the amount of time you have spent doing the following activities during the past month to support your mental health. - Bottom 2 Box Summary

	<b>Total Current Students</b>	<b>Men</b>	<b>Women</b>	<b>Non- Binary/Prefer to self- describe</b>	<b>White</b>	<b>Black</b>	<b>Hispanic</b>	<b>AAPI</b>	<b>Thriving</b>	<b>Maintaining</b>	<b>Struggling</b>
Unweighted Base	24,791	7,346	16,673	772	14,550	2,979	4,135	3,827	11,047	3,028	494
Listening to music	4%	4%	3%	4%	3%	3%	4%	4%	3%	4%	10%
Spend time outside (walking, connecting with nature)	21%	21%	21%	27%	18%	31%	24%	23%	15%	26%	44%
Meditating (practicing mindfulness)	67%	67%	68%	69%	69%	61%	68%	65%	63%	72%	82%
Socializing/talking with friends or family	7%	10%	6%	10%	5%	11%	8%	8%	3%	10%	33%
Getting a good (7-9 hours) nights sleep	25%	24%	25%	32%	23%	34%	28%	25%	17%	31%	51%
Eating healthy with proper nutrition	23%	20%	23%	32%	21%	30%	25%	18%	15%	28%	51%
Taking care of or playing with a pet	48%	57%	44%	46%	43%	59%	47%	58%	46%	50%	60%
Exercising	30%	22%	32%	50%	29%	36%	31%	29%	23%	37%	54%
Reading a book	53%	60%	51%	46%	53%	52%	55%	53%	50%	53%	63%
Journaling	69%	75%	66%	65%	71%	61%	69%	65%	66%	71%	77%
Volunteering	64%	67%	63%	73%	66%	60%	66%	60%	58%	70%	81%
Watching TV or movies	13%	17%	11%	19%	12%	12%	13%	16%	12%	13%	22%
Engaging with your faith	52%	52%	51%	72%	56%	31%	52%	52%	44%	63%	77%



## PUBLIC POLL FINDINGS AND METHODOLOGY

Q12A. Which statement best describes your current living situation?

	<b>Total Current Students</b>	<b>Men</b>	<b>Women</b>	<b>Non- Binary/Prefer to self- describe</b>	<b>White</b>	<b>Black</b>	<b>Hispanic</b>	<b>AAPI</b>	<b>Thriving</b>	<b>Maintaining</b>	<b>Struggling</b>
Unweighted Base	24,791	7,346	16,673	772	14,550	2,979	4,135	3,827	11,047	3,028	494
I live alone with no roommates.	8%	8%	7%	8%	7%	8%	7%	8%	7%	8%	7%
I have my own bedroom but share living spaces like a bathroom or kitchen with one roommate	20%	21%	20%	16%	19%	22%	20%	22%	21%	20%	18%
I have my own bedroom but share living spaces like a bathroom or kitchen with more than one roommate	60%	59%	61%	59%	64%	58%	58%	53%	61%	60%	63%
I share a bedroom and living spaces with one or more roommates	11%	11%	11%	13%	9%	10%	14%	15%	11%	11%	11%
Prefer not to answer	1%	2%	1%	2%	1%	1%	1%	2%	1%	1%	1%



## PUBLIC POLL FINDINGS AND METHODOLOGY

Q12. How would you describe your personal connection to your residential community?

	<b>Total Current Students</b>	<b>Men</b>	<b>Women</b>	<b>Non- Binary/Prefer to self- describe</b>	<b>White</b>	<b>Black</b>	<b>Hispanic</b>	<b>AAPI</b>	<b>Thriving</b>	<b>Maintaining</b>	<b>Struggling</b>
Unweighted Base	24,791	7,346	16,673	772	14,550	2,979	4,135	3,827	11,047	3,028	494
Top 2 Box (Net)	23%	22%	24%	16%	24%	22%	24%	23%	30%	17%	10%
It's my home away from home (5)	10%	8%	10%	7%	9%	10%	11%	9%	13%	7%	4%
Very connected (4)	14%	14%	14%	9%	14%	12%	13%	14%	17%	11%	6%
Neutral (3)	35%	35%	35%	31%	34%	37%	36%	36%	37%	36%	25%
Bottom 2 Box (Net)	41%	43%	40%	53%	42%	42%	40%	41%	34%	47%	65%
Little connection (2)	28%	28%	28%	33%	29%	25%	27%	29%	25%	31%	29%
No connection (1)	13%	15%	12%	20%	13%	17%	13%	12%	9%	15%	36%



## PUBLIC POLL FINDINGS AND METHODOLOGY

Q12.1. Does your residential community provider communicate and promote opportunities to engage socially with other residents or staff members?

	<b>Total Current Students</b>	<b>Men</b>	<b>Women</b>	<b>Non- Binary/Prefer to self- describe</b>	<b>White</b>	<b>Black</b>	<b>Hispanic</b>	<b>AAPI</b>	<b>Thriving</b>	<b>Maintaining</b>	<b>Struggling</b>
Unweighted Base	24,791	7,346	16,673	772	14,550	2,979	4,135	3,827	11,047	3,028	494
Yes (Net)	74%	71%	75%	70%	74%	72%	76%	71%	78%	71%	57%
Yes, all the time	40%	36%	41%	35%	39%	42%	44%	35%	44%	35%	28%
Yes, but infrequently	34%	34%	34%	34%	35%	30%	31%	36%	34%	36%	30%
I'm unsure	19%	22%	18%	20%	18%	21%	18%	21%	17%	21%	27%
No, my residential community doesn't promote socializing with others	7%	7%	7%	10%	8%	7%	6%	7%	6%	8%	15%



## PUBLIC POLL FINDINGS AND METHODOLOGY

Q13. Do you think your residential community can help support your mental wellbeing?

	Total Current Students	Men	Women	Non-Binary/Prefer to self-describe	White	Black	Hispanic	AAPI	Thriving	Maintaining	Struggling
Unweighted Base	24,791	7,346	16,673	772	14,550	2,979	4,135	3,827	11,047	3,028	494
Yes	30%	33%	30%	18%	30%	30%	31%	31%	39%	22%	10%
No	29%	28%	29%	38%	31%	27%	26%	28%	23%	34%	52%
Not Sure	41%	39%	41%	44%	39%	43%	43%	42%	38%	44%	38%

Q13.1. You answered that "Yes" your residential community can support your mental wellbeing. What types of things can your residential community do to support your mental health and wellbeing?

	Total Current Students	Men	Women	Non-Binary/Prefer to self-describe	White	Black	Hispanic	AAPI	Thriving	Maintaining	Struggling
Unweighted Base	7,499	2,404	4,953	142	4,309	887	1,298	1,181	4,269	662	49
More social events/ activities (gatherings, trivia night, games, meet-up, etc.)	43%	44%	43%	38%	45%	38%	44%	45%	44%	39%	22%
Mental health/ wellness events/ activities (group sessions, meetings, mindfulness, medication, etc.)	19%	16%	21%	13%	18%	21%	20%	19%	19%	20%	18%
Workshops/ seminars/ classes/ training	2%	1%	2%	1%	1%	3%	3%	2%	2%	2%	-



## PUBLIC POLL FINDINGS AND METHODOLOGY

Programs/ campaigns/ promotions	1%	1%	1%	1%	1%	2%	1%	2%	2%	2%	-
Surveys	1%	1%	1%	-	1%	1%	1%	*	1%	1%	2%
Having a group/ friend(s) to talk to	2%	2%	2%	3%	2%	3%	2%	2%	2%	3%	-
Therapy/ counseling	3%	3%	3%	3%	2%	4%	3%	3%	3%	3%	6%
Check in/ reach out/ talk/ communicate	8%	7%	8%	7%	7%	14%	7%	7%	8%	7%	4%
Provide information on mental health events, services, resources, etc.	7%	5%	7%	10%	7%	6%	8%	5%	7%	7%	8%
Provide/ help with access to resources	4%	2%	5%	7%	5%	3%	4%	4%	4%	5%	2%
Lower rent	1%	1%	1%	4%	1%	1%	1%	1%	1%	1%	6%
Financial support/ assistance	*	*	*	-	*	1%	*	*	*	*	-
Giveaways/ free stuffs/ gifts	2%	2%	3%	2%	2%	3%	2%	3%	2%	2%	4%
Free food/ treats	5%	4%	5%	4%	5%	4%	5%	5%	5%	5%	2%
Provide better facilities/ amenities (gym, pool, common area, etc.)	6%	6%	6%	13%	6%	6%	6%	5%	6%	6%	4%
Provide a safe environment	2%	1%	2%	2%	2%	1%	1%	1%	2%	1%	-
Maintain cleanliness	2%	1%	2%	3%	2%	1%	2%	1%	2%	1%	4%
Provide support/ help	3%	3%	3%	2%	4%	2%	2%	3%	3%	3%	-
Be more available/	3%	3%	3%	5%	4%	3%	3%	3%	4%	3%	-



## PUBLIC POLL FINDINGS AND METHODOLOGY

responsive when needed											
Be friendly/ kind/ nice/ caring/ welcoming/ positive	5%	5%	6%	9%	6%	4%	5%	5%	5%	5%	4%
Offer (mental) health services	*	*	*	-	*	-	*	*	*	*	-
Be pet friendly/ allow pet ownership/ bring in pets/ animals (therapy dogs, cats, etc.)	1%	1%	1%	1%	1%	*	1%	1%	1%	1%	-
More opportunities for volunteering/ outreach	*	*	*	1%	*	*	*	*	*	1%	-
Make sure events/ activities are scheduled conveniently (after class, weekends, etc.)	1%	1%	1%	2%	1%	*	1%	*	1%	*	4%
A sense of community/ make me feel comfortable/ I belong/ connected	4%	4%	4%	7%	5%	3%	3%	4%	5%	4%	2%
Better management/ enforcement of rules (quiet hours, no smoking, etc.)	1%	1%	1%	1%	1%	1%	1%	1%	1%	1%	4%
Continue what they are doing/ they are fine as is	1%	2%	1%	1%	2%	1%	1%	1%	1%	1%	2%



## PUBLIC POLL FINDINGS AND METHODOLOGY

*Daily encouragement/ motivational messages/ notes/ positive affirmation	1%	*	1%	-	1%	1%	1%	*	1%	*	-
*Help ease during stressful times like mid-term/ finals week	1%	*	1%	1%	1%	1%	1%	1%	1%	*	-
Nothing	*	1%	*	1%	1%	1%	1%	*	*	1%	-
Other	4%	4%	3%	6%	4%	3%	3%	3%	3%	4%	8%
Don't know	6%	8%	6%	6%	6%	6%	6%	6%	5%	6%	20%







## PUBLIC POLL FINDINGS AND METHODOLOGY

Q14. About how frequently do you engage with each of the following? - Instagram

	Total Current Students	Men	Women	Non- Binary/Prefer to self- describe	White	Black	Hispanic	AAPI	Thriving	Maintaining	Struggling
Unweighted Base	24,791	7,346	16,673	772	14,550	2,979	4,135	3,827	11,047	3,028	494
A few times a week or more often (Net)	88%	82%	92%	76%	88%	87%	90%	87%	90%	88%	71%
Once a day or more often (Subnet)	77%	69%	81%	62%	78%	75%	80%	75%	80%	75%	57%
Several times a day	57%	50%	61%	45%	56%	61%	61%	56%	60%	55%	37%
Once a day	20%	19%	20%	17%	22%	14%	19%	19%	20%	21%	19%
A few times a week	11%	13%	10%	14%	11%	12%	10%	12%	10%	13%	14%
Once a month	3%	4%	2%	6%	3%	4%	3%	3%	2%	3%	6%
Less than once a month/never (Net)	9%	14%	6%	18%	9%	9%	7%	10%	7%	9%	23%
Less than once a month	2%	3%	2%	5%	2%	3%	2%	3%	2%	2%	6%
Never	7%	12%	4%	13%	7%	6%	6%	7%	6%	7%	17%



## PUBLIC POLL FINDINGS AND METHODOLOGY

Q14. About how frequently do you engage with each of the following? - Facebook

	<b>Total Current Students</b>	<b>Men</b>	<b>Women</b>	<b>Non- Binary/Prefer to self- describe</b>	<b>White</b>	<b>Black</b>	<b>Hispanic</b>	<b>AAPI</b>	<b>Thriving</b>	<b>Maintaining</b>	<b>Struggling</b>
Unweighted Base	24,791	7,346	16,673	772	14,550	2,979	4,135	3,827	11,047	3,028	494
A few times a week or more often (Net)	37%	27%	43%	20%	40%	37%	34%	30%	40%	34%	22%
Once a day or more often (Subnet)	21%	14%	25%	11%	24%	21%	19%	16%	24%	19%	13%
Several times a day	10%	7%	12%	5%	11%	12%	9%	7%	11%	8%	6%
Once a day	11%	8%	13%	6%	13%	8%	11%	9%	12%	10%	7%
A few times a week	16%	13%	18%	9%	17%	16%	15%	14%	16%	15%	10%
Once a month	10%	9%	10%	9%	10%	9%	10%	11%	11%	11%	7%
Less than once a month/never (Net)	52%	63%	47%	71%	49%	54%	56%	59%	49%	55%	70%
Less than once a month	12%	12%	11%	12%	11%	12%	12%	14%	11%	12%	13%
Never	41%	51%	35%	60%	39%	42%	44%	45%	38%	43%	58%



## PUBLIC POLL FINDINGS AND METHODOLOGY

Q14. About how frequently do you engage with each of the following? - Twitter

	Total Current Students	Men	Women	Non- Binary/Prefer to self- describe	White	Black	Hispanic	AAPI	Thriving	Maintaining	Struggling
Unweighted Base	24,791	7,346	16,673	772	14,550	2,979	4,135	3,827	11,047	3,028	494
A few times a week or more often (Net)	32%	42%	27%	40%	27%	48%	36%	31%	30%	35%	31%
Once a day or more often (Subnet)	19%	26%	15%	28%	16%	30%	21%	17%	17%	21%	19%
Several times a day	11%	16%	9%	18%	9%	20%	13%	10%	10%	12%	13%
Once a day	7%	10%	6%	10%	7%	10%	8%	8%	7%	8%	6%
A few times a week	13%	16%	12%	12%	11%	18%	15%	13%	13%	14%	12%
Once a month	8%	9%	8%	7%	8%	9%	9%	9%	9%	9%	8%
Less than once a month/never (Net)	60%	49%	65%	53%	65%	43%	55%	61%	62%	56%	62%
Less than once a month	11%	9%	11%	10%	11%	10%	10%	11%	11%	9%	11%
Never	49%	41%	53%	44%	54%	33%	46%	50%	51%	47%	51%



## PUBLIC POLL FINDINGS AND METHODOLOGY

Q14. About how frequently do you engage with each of the following? - TikTok

	Total Current Students	Men	Women	Non- Binary/Prefer to self- describe	White	Black	Hispanic	AAPI	Thriving	Maintaining	Struggling
Unweighted Base	24,791	7,346	16,673	772	14,550	2,979	4,135	3,827	11,047	3,028	494
A few times a week or more often (Net)	69%	51%	77%	61%	71%	77%	73%	53%	68%	70%	54%
Once a day or more often (Subnet)	61%	41%	70%	51%	63%	65%	65%	44%	61%	61%	46%
Several times a day	49%	31%	58%	41%	51%	56%	54%	35%	49%	51%	37%
Once a day	11%	10%	12%	10%	12%	9%	11%	9%	12%	11%	9%
A few times a week	8%	10%	7%	9%	7%	12%	9%	9%	8%	9%	7%
Once a month	3%	4%	2%	5%	2%	4%	3%	4%	3%	3%	5%
Less than once a month/never (Net)	28%	45%	21%	34%	27%	19%	23%	43%	29%	26%	41%
Less than once a month	3%	5%	2%	4%	3%	3%	3%	4%	3%	3%	6%
Never	25%	40%	18%	30%	24%	16%	21%	39%	26%	23%	35%



## PUBLIC POLL FINDINGS AND METHODOLOGY

Q14. About how frequently do you engage with each of the following? - Snapchat

	<b>Total Current Students</b>	<b>Men</b>	<b>Women</b>	<b>Non- Binary/Prefer to self- describe</b>	<b>White</b>	<b>Black</b>	<b>Hispanic</b>	<b>AAPI</b>	<b>Thriving</b>	<b>Maintaining</b>	<b>Struggling</b>
Unweighted Base	24,791	7,346	16,673	772	14,550	2,979	4,135	3,827	11,047	3,028	494
A few times a week or more often (Net)	75%	69%	79%	52%	83%	63%	72%	58%	77%	74%	58%
Once a day or more often (Subnet)	65%	58%	69%	39%	75%	46%	61%	47%	67%	63%	47%
Several times a day	48%	40%	53%	26%	59%	33%	43%	29%	51%	45%	30%
Once a day	16%	17%	16%	13%	16%	14%	18%	18%	17%	17%	16%
A few times a week	10%	11%	10%	13%	8%	17%	11%	12%	10%	11%	12%
Once a month	4%	4%	3%	5%	2%	6%	5%	4%	3%	4%	4%
Less than once a month/never (Net)	21%	27%	18%	42%	14%	31%	23%	38%	20%	23%	37%
Less than once a month	4%	4%	4%	7%	2%	8%	5%	6%	4%	5%	5%
Never	17%	22%	14%	35%	12%	23%	19%	32%	16%	18%	32%



## PUBLIC POLL FINDINGS AND METHODOLOGY

Q14. About how frequently do you engage with each of the following? - Youtube

	<b>Total Current Students</b>	<b>Men</b>	<b>Women</b>	<b>Non- Binary/Prefer to self- describe</b>	<b>White</b>	<b>Black</b>	<b>Hispanic</b>	<b>AAPI</b>	<b>Thriving</b>	<b>Maintaining</b>	<b>Struggling</b>
Unweighted Base	24,791	7,346	16,673	772	14,550	2,979	4,135	3,827	11,047	3,028	494
A few times a week or more often (Net)	73%	89%	65%	85%	68%	80%	75%	82%	71%	74%	77%
Once a day or more often (Subnet)	47%	70%	36%	62%	43%	53%	47%	58%	44%	50%	58%
Several times a day	30%	49%	21%	46%	26%	37%	30%	40%	27%	32%	42%
Once a day	17%	21%	15%	17%	17%	15%	17%	18%	17%	18%	16%
A few times a week	26%	19%	29%	22%	25%	27%	28%	23%	27%	24%	18%
Once a month	12%	5%	15%	7%	13%	9%	10%	8%	12%	11%	8%
Less than once a month/never (Net)	16%	6%	21%	8%	19%	11%	14%	10%	17%	14%	16%
Less than once a month	8%	2%	11%	3%	10%	6%	7%	5%	8%	7%	6%
Never	8%	4%	10%	5%	9%	5%	7%	5%	8%	7%	10%



## PUBLIC POLL FINDINGS AND METHODOLOGY

Q14. About how frequently do you engage with each of the following? - Reddit

	<b>Total Current Students</b>	<b>Men</b>	<b>Women</b>	<b>Non- Binary/Prefer to self- describe</b>	<b>White</b>	<b>Black</b>	<b>Hispanic</b>	<b>AAPI</b>	<b>Thriving</b>	<b>Maintaining</b>	<b>Struggling</b>
Unweighted Base	24,791	7,346	16,673	772	14,550	2,979	4,135	3,827	11,047	3,028	494
A few times a week or more often (Net)	22%	36%	15%	33%	20%	18%	22%	33%	20%	25%	34%
Once a day or more often (Subnet)	9%	17%	6%	14%	8%	8%	8%	14%	8%	11%	18%
Several times a day	4%	8%	2%	8%	4%	3%	4%	7%	4%	5%	10%
Once a day	5%	8%	3%	6%	4%	5%	4%	7%	4%	5%	8%
A few times a week	13%	19%	10%	19%	12%	10%	13%	18%	12%	15%	15%
Once a month	12%	13%	11%	14%	11%	11%	11%	13%	11%	13%	12%
Less than once a month/never (Net)	67%	52%	74%	52%	69%	71%	67%	54%	70%	62%	55%
Less than once a month	14%	13%	15%	16%	14%	14%	14%	15%	14%	15%	15%
Never	52%	38%	59%	37%	54%	58%	53%	39%	56%	47%	39%



## PUBLIC POLL FINDINGS AND METHODOLOGY

Q14. About how frequently do you engage with each of the following? - WeChat

	Total Current Students	Men	Women	Non- Binary/Prefer to self- describe	White	Black	Hispanic	AAPI	Thriving	Maintaining	Struggling
Unweighted Base	24,791	7,346	16,673	772	14,550	2,979	4,135	3,827	11,047	3,028	494
A few times a week or more often (Net)	4%	6%	3%	3%	1%	2%	3%	14%	3%	5%	4%
Once a day or more often (Subnet)	2%	3%	2%	2%	1%	1%	2%	10%	2%	4%	3%
Several times a day	1%	2%	1%	2%	*	*	1%	7%	1%	2%	2%
Once a day	1%	2%	1%	*	*	1%	1%	3%	1%	1%	1%
A few times a week	1%	2%	1%	1%	1%	2%	1%	4%	1%	2%	1%
Once a month	1%	2%	1%	1%	1%	1%	2%	3%	1%	1%	1%
Less than once a month/never (Net)	95%	92%	96%	95%	98%	96%	95%	83%	95%	94%	94%
Less than once a month	3%	3%	2%	2%	2%	3%	2%	5%	3%	3%	3%
Never	92%	89%	94%	93%	96%	93%	93%	78%	92%	91%	91%





## PUBLIC POLL FINDINGS AND METHODOLOGY

Q14. About how frequently do you engage with each of the following? - Other/Not Listed

	Total Current Students	Men	Women	Non- Binary/Prefer to self- describe	White	Black	Hispanic	AAPI	Thriving	Maintaining	Struggling
Unweighted Base	24,791	7,346	16,673	772	14,550	2,979	4,135	3,827	11,047	3,028	494
A few times a week or more often (Net)	24%	25%	22%	40%	22%	24%	23%	29%	22%	26%	24%
Once a day or more often (Subnet)	13%	14%	12%	27%	12%	11%	13%	17%	12%	14%	15%
Several times a day	7%	8%	6%	19%	7%	7%	7%	11%	7%	8%	10%
Once a day	5%	6%	5%	8%	5%	4%	5%	6%	5%	6%	5%
A few times a week	11%	11%	11%	13%	10%	12%	10%	12%	10%	12%	10%
Once a month	4%	5%	4%	5%	4%	5%	5%	4%	4%	5%	4%
Less than once a month/never (Net)	72%	70%	74%	55%	73%	71%	72%	67%	74%	69%	72%
Less than once a month	4%	5%	4%	2%	4%	5%	4%	5%	4%	4%	5%
Never	68%	65%	70%	53%	69%	66%	68%	62%	70%	66%	67%



## PUBLIC POLL FINDINGS AND METHODOLOGY

Q14. About how frequently do you engage with each of the following? - A few times a week or more often (Top 3 Box) Summary

	Total Current Students	Men	Women	Non-Binary/Prefer to self-describe	White	Black	Hispanic	AAPI	Thriving	Maintaining	Struggling
Unweighted Base	24,791	7,346	16,673	772	14,550	2,979	4,135	3,827	11,047	3,028	494
Instagram	88%	82%	92%	76%	88%	87%	90%	87%	90%	88%	71%
Facebook	37%	27%	43%	20%	40%	37%	34%	30%	40%	34%	22%
Twitter	32%	42%	27%	40%	27%	48%	36%	31%	30%	35%	31%
TikTok	69%	51%	77%	61%	71%	77%	73%	53%	68%	70%	54%
Snapchat	75%	69%	79%	52%	83%	63%	72%	58%	77%	74%	58%
Youtube	73%	89%	65%	85%	68%	80%	75%	82%	71%	74%	77%
Reddit	22%	36%	15%	33%	20%	18%	22%	33%	20%	25%	34%
WeChat	4%	6%	3%	3%	1%	2%	3%	14%	3%	5%	4%
Other/Not Listed	24%	25%	22%	40%	22%	24%	23%	29%	22%	26%	24%

Q14. About how frequently do you engage with each of the following? - Once a day or more often (Top 2 Box) Summary

	Total Current Students	Men	Women	Non-Binary/Prefer to self-describe	White	Black	Hispanic	AAPI	Thriving	Maintaining	Struggling
Unweighted Base	24,791	7,346	16,673	772	14,550	2,979	4,135	3,827	11,047	3,028	494
Instagram	77%	69%	81%	62%	78%	75%	80%	75%	80%	75%	57%
Facebook	21%	14%	25%	11%	24%	21%	19%	16%	24%	19%	13%
Twitter	19%	26%	15%	28%	16%	30%	21%	17%	17%	21%	19%
TikTok	61%	41%	70%	51%	63%	65%	65%	44%	61%	61%	46%
Snapchat	65%	58%	69%	39%	75%	46%	61%	47%	67%	63%	47%
Youtube	47%	70%	36%	62%	43%	53%	47%	58%	44%	50%	58%
Reddit	9%	17%	6%	14%	8%	8%	8%	14%	8%	11%	18%
WeChat	2%	3%	2%	2%	1%	1%	2%	10%	2%	4%	3%
Other/Not Listed	13%	14%	12%	27%	12%	11%	13%	17%	12%	14%	15%



## PUBLIC POLL FINDINGS AND METHODOLOGY

Q14.1. Have you ever received mental health treatment from a therapist, counselor, doctor, or other mental health professional? If so, where have you gotten this treatment?

	Total Current Students	Men	Women	Non- Binary/Prefer to self- describe	White	Black	Hispanic	AAPI	Thriving	Maintaining	Struggling
Unweighted Base	24,791	7,346	16,673	772	14,550	2,979	4,135	3,827	11,047	3,028	494
Yes (Net)	52%	37%	57%	81%	57%	46%	52%	38%	46%	55%	62%
Yes, in my hometown	34%	23%	39%	55%	41%	25%	33%	21%	31%	37%	41%
Yes, on my college campus from a professional employed by the campus	16%	12%	17%	30%	16%	17%	16%	15%	14%	18%	26%
Yes, online (i.e. BetterHelp)	11%	7%	12%	22%	11%	10%	11%	9%	9%	12%	15%
Yes, somewhere else	5%	3%	5%	13%	5%	5%	5%	3%	4%	5%	8%
No, I've never gotten mental health treatment	48%	63%	43%	19%	43%	54%	48%	62%	54%	45%	38%



## PUBLIC POLL FINDINGS AND METHODOLOGY

Q15. Have YOU ever been diagnosed by a doctor or other qualified professional with any of the following mental health conditions?

	Total Current Students	Men	Women	Non- Binary/Prefer to self- describe	White	Black	Hispanic	AAPI	Thriving	Maintaining	Struggling
Unweighted Base	24,791	7,346	16,673	772	14,550	2,979	4,135	3,827	11,047	3,028	494
Yes, has been diagnosed with a mental health condition (Net)	43%	29%	48%	73%	51%	35%	40%	27%	36%	49%	62%
Anxiety Disorder	32%	14%	38%	58%	39%	22%	28%	17%	26%	36%	45%
Depression	26%	14%	30%	54%	30%	22%	25%	17%	18%	32%	49%
ADD / ADHD	15%	14%	14%	35%	18%	11%	12%	8%	12%	16%	23%
Eating disorder	7%	2%	9%	15%	9%	4%	7%	4%	5%	9%	14%
Post- traumatic stress disorder (PTSD)	6%	2%	8%	18%	7%	5%	7%	3%	4%	8%	14%
Obsessive compulsive disorder (OCD)	6%	3%	6%	13%	7%	3%	5%	3%	4%	6%	9%
Mood Disorder	3%	2%	4%	8%	4%	3%	3%	2%	2%	5%	10%
Bipolar Disorder	3%	1%	3%	7%	3%	3%	3%	2%	1%	4%	9%
Substance use disorder	1%	1%	1%	4%	1%	*	1%	1%	1%	1%	4%



## PUBLIC POLL FINDINGS AND METHODOLOGY

Other mental health condition not included above	3%	2%	3%	11%	3%	2%	3%	2%	2%	3%	6%
None of these	51%	65%	46%	18%	45%	60%	53%	64%	59%	45%	30%
Prefer not to answer	6%	6%	5%	9%	5%	6%	6%	8%	4%	7%	8%

Q6. Are you...?

	<b>Total Current Students</b>	<b>Men</b>	<b>Women</b>	<b>Non-Binary/Prefer to self-describe</b>	<b>White</b>	<b>Black</b>	<b>Hispanic</b>	<b>AAPI</b>	<b>Thriving</b>	<b>Maintaining</b>	<b>Struggling</b>
Unweighted Base	24,791	7,346	16,673	772	14,550	2,979	4,135	3,827	11,047	3,028	494
Male	30%	100%	-	-	28%	27%	30%	37%	31%	29%	37%
Female	67%	-	100%	-	69%	72%	67%	60%	68%	66%	54%
Non-binary	2%	-	-	77%	3%	2%	3%	2%	1%	4%	6%
Prefer to self-describe	1%	-	-	23%	1%	*	1%	1%	*	1%	2%



## PUBLIC POLL FINDINGS AND METHODOLOGY

Q7. Are you of Hispanic, Latino, or Spanish origin?

	Total Current Students	Men	Women	Non- Binary/Prefer to self- describe	White	Black	Hispanic	AAPI	Thriving	Maintaining	Struggling
Unweighted Base	24,791	7,346	16,673	772	14,550	2,979	4,135	3,827	11,047	3,028	494
No, I am not Hispanic (Net)	83%	83%	83%	82%	100%	100%	-	100%	83%	84%	87%
Yes, Mexican, Mexican American, Chicano	17%	17%	17%	18%	-	-	100%	-	17%	16%	13%
Yes, Puerto Rican	9%	9%	9%	11%	-	-	56%	-	9%	10%	7%
Yes, Cuban, Cuban American	2%	1%	2%	3%	-	-	10%	-	1%	2%	3%
Yes, other Spanish, Hispanic, or Latino group (For example Argentinean, Colombian, Dominican, Nicaraguan, Salvadoran, Spaniard, and so on)	1%	1%	1%	1%	-	-	5%	-	1%	1%	1%
	6%	6%	6%	6%	-	-	36%	-	7%	4%	4%



## PUBLIC POLL FINDINGS AND METHODOLOGY

Q8. What race or races do you consider yourself to be?

	<b>Total Current Students</b>	<b>Men</b>	<b>Women</b>	<b>Non- Binary/Prefer to self- describe</b>	<b>White</b>	<b>Black</b>	<b>Hispanic</b>	<b>AAPI</b>	<b>Thriving</b>	<b>Maintaining</b>	<b>Struggling</b>
Unweighted Base	24,791	7,346	16,673	772	14,550	2,979	4,135	3,827	11,047	3,028	494
White	71%	67%	72%	74%	100%	12%	73%	16%	73%	70%	64%
Black or African American	13%	12%	14%	9%	3%	100%	9%	3%	12%	11%	14%
American Indian or Alaska Native	2%	2%	2%	5%	1%	3%	6%	1%	2%	2%	3%
Asian	16%	19%	14%	16%	4%	3%	4%	97%	15%	19%	21%
Native Hawaiian or other Pacific Islander	1%	1%	1%	2%	*	1%	1%	4%	1%	1%	1%
A different race	4%	6%	4%	7%	1%	1%	16%	1%	4%	4%	7%



## PUBLIC POLL FINDINGS AND METHODOLOGY

### About the Study

These are the findings of an Ipsos poll conducted between October 9 – November 17, 2023. For this survey, a sample of 24,791 currently enrolled college students age 18+ from the continental U.S. and Canada was interviewed online in English and Spanish.

The sample for this study was provided by the College Student Mental Wellness Advocacy Coalition members who conducted email outreach to residents.







## PUBLIC POLL FINDINGS AND METHODOLOGY

### About Ipsos

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