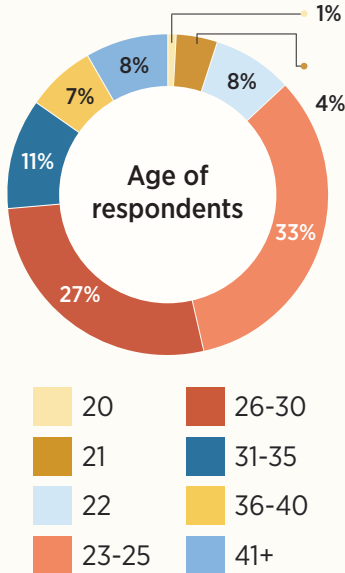


UMB HEALTHY MINDS STUDY

1590

UMB STUDENTS

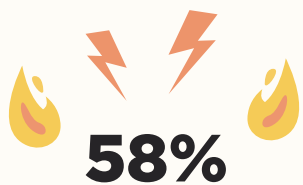
responded to the survey administered in fall 2016



36%

64%

agree with the statement
“Most people would think less of someone who has received mental treatment.”



experienced 1 - 5 days (in the past 4 weeks) where their emotional or mental difficulties hurt their academic performance

2016-2017 Overview of Findings

Administered through the Student Counseling Center (SCC), the Healthy Minds Network’s annual web-based survey study examines mental health, service utilization, and related issues among students at UMB. The 2016-2017 survey assessed the following areas: demographics, mental health status, mental health utilization/help-seeking, mental health climate on our campus, and academic competition, persistence, and retention.



SERVICES AND INITIATIVES

developed based on survey results

* Hired Outreach and Referral Assistance Specialist to help students connect with off-campus treatment providers.

* Developed faculty and staff training program on identifying and referring students with mental health symptoms to appropriate mental health treatment.

* Developed workshop for students to help refer other students to mental health treatment.

* Survey data informed planning and design of the new and discrete SCC office space.

* Tailored outreach (e.g., Mental Health Awareness Week and World Mental Health Day) to challenge common myths about mental health and promote campus-wide awareness about the impact of mental health on UMB students.

TOP BARRIERS TO SEEKING HELP

- (43%) Not enough time
- (19%) Financial reasons
- (15%) Prefer to deal with issues on my own/family & friend support
- (13%) Difficulty finding appointment
- (9%) Not sure where to go



27%

received counseling or therapy from a health professional in the past 12 months

The SCC provides counseling and psychiatric services for currently enrolled UMB students. For more information, visit umaryland.edu/counseling

