

# Mental Well-Being for Students: Snapshot

Designed by prevention and compliance experts to provide your students with knowledge and skills to support healthier campus communities.

## Reach

4,672 students at University of Utah

have participated in Mental Well-Being for Students since the start of the 2021-2022 academic year.

## Course Impact

Students increased their prevention knowledge, and their skills associated with healthier behavior.

### Average Assessment Score:



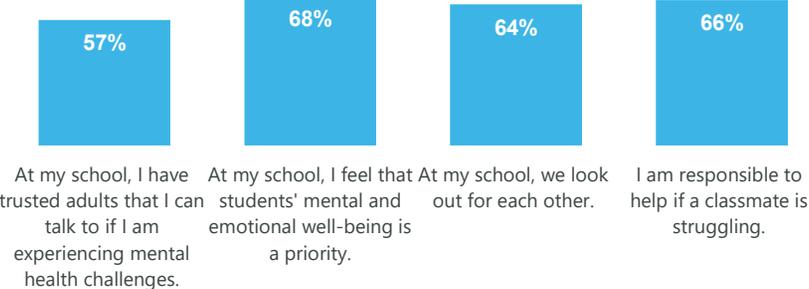
### After taking Mental Well-Being for Students, your students agree:

Seeking help for my mental health can make a positive difference.	92%
My mental health can improve over time.	91%
I have the ability to make a difference in the mental health of others.	81%

## Perceptions of Campus Climate

Student perceptions of the commitment and intentions of their institution can have a significant impact on the feelings of safety, their experience on campus, and their likelihood to join the community effort to address mental well-being.

9% of students at University of Utah are currently or plan to be involved in supporting mental health at your school.



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## Bystander Intervention

Proactive bystander behaviors — stepping in directly or engaging other observers indirectly — are some of the most important ways students can support and build a healthy campus environment.

Mental Well-Being for Students helps students build their bystander skills. University of Utah can use this information to continue to develop those skills as part of a healthy campus community.

## Top Bystander Behaviors

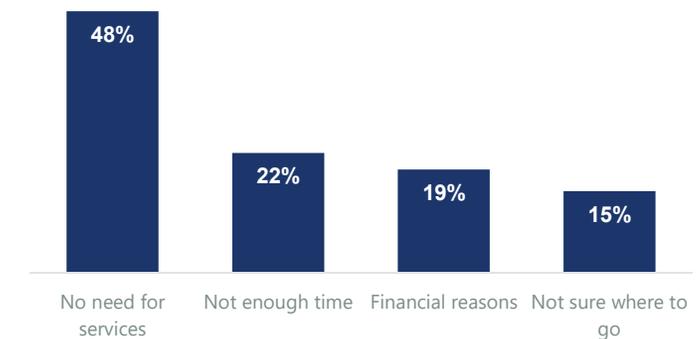
**When they intervened in mental health situations, your students most often employed one of the following behaviors:**

1	Expressed my concern for their well-being to them directly
2	Listened to them talk about their issues or distress
3	Checked in with the person I was concerned about at a later time

81% of students **at University of Utah** believe they have the ability to make a difference in the mental health of others.

## Barriers to Accessing Care

Not all students who feel that they need support for their mental health are able to access formal care. Among your students who indicate a need for mental health services, here are the top barriers to receiving care:



51% of students **at University of Utah** reported needing help for emotional or mental health problems, feeling blue, anxious, or nervous sometime in the last 12 months.