

THRIVING COLLEGE STUDENTS

2025 College Student Fall Mental Wellness Survey

January 2026



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About the Study

The 2025 Thriving College Student Survey was **conducted from October 10th to November 7th, 2025**, by Ipsos, a world leader in research, and is based on **11,204 currently enrolled college students across the U.S. and Canada**. It was commissioned by the College Student Mental Wellness Advocacy Coalition and the Hi, How Are You Project.

This is the third year conducting the survey, with the first Thriving College Student Index Report published in 2022 and the second in 2023. These reports serve as the baseline for this year's data comparisons. The purpose of the report is to provide relevant insights on mental wellness that help to inform mental wellness programs for college and university students, especially at off-campus residential communities.

Partnership Background

From 2019-2021, the Hi, How Are You Project (HHAYP), an Austin-Texas based nonprofit dedicated to mental health awareness, conducted a College Student Fall Mental Wellness Survey to better understand the student experience. The results helped HHAYP and American Campus Communities (ACC) to create programs that have become guiding tenets for ACC's Residence Life program. In 2022, ACC and HHAYP expanded the effort with other student housing companies, which led to the creation of the [College Student Mental Wellness Advocacy Coalition](#) in 2022. The Coalition, which is composed of 30 college student residential housing companies across the U.S., envisions a world where all young adults thrive with the support of residential communities whose teams are dedicated to promoting and advocating for mental wellness.



Thriving starts with daily habits: students who connect, move, nourish, and rest report better mental wellness

Social connection is the #1 differentiator

- Thriving students socialize more with friends and family than struggling peers (81% vs. 34%), highlighting a 47-point gap in social connection.
- Additionally, 67% of thriving students feel "social/friendly" often, compared to 16% of struggling students.
- They are also more likely to seek mental health information from friends (43%) and parents (39%).

Physical self-care creates a foundation for thriving

- Thriving students are more likely than struggling students to:
 - Get adequate sleep (54% vs. 26%)
 - Maintain healthy eating habits (56% vs. 23%)
 - Exercise regularly (52% vs. 30%)
 - Spend time outdoors (57% vs. 32%).

Thriving students experience a different emotional reality

- 74% of thriving students rate their mental health as "good" or "very good."
- They are 7x more likely to feel happy often (80% vs. 11%).
- 82% feel thankful frequently, compared to 29% of struggling students.
- Thriving students experience lower rates of loneliness (15% vs. 67%), withdrawal (19% vs. 65%), and numbness (11% vs. 60%).

Note: Please see the appendix for more information on how "Thriving," "Struggling," and "Maintaining" are defined.

Students value mental health and know where to find help, but stigma and time barriers limit actions

Knowledge is high but comfort lags

- 93% of students view mental health as vital to overall wellbeing.
- 75% know they can seek professional help, and 71% are aware of where to find free information.
- However, 42% are uncomfortable discussing mental health, and 44% fear judgment for doing so.

Thriving students have greater confidence in accessing care

- Thriving students are almost twice as likely to say they could find time for treatment (57% vs. 22%).
- 67% of thriving students are confident in finding culturally competent providers, compared to 33% of struggling students.
- Struggling students encounter multiple barriers: less time, confidence, and resource connection.

Peer networks are powerful but gaps exist in crisis response

- 83% of students can recognize when a friend is experiencing emotional challenges.
- 73% know how to help a friend who is upset or depressed.
- But only 62% know how to help a friend who has talked about hurting themselves.

Residential communities offer social opportunities but there is room for improvement on mental wellness support and deep connection

Connection to community remains shallow for many*

- 28% of students feel strongly connected to their residential community, while 39% report little to no connection, in line with 2023.
- 63% of struggling students feel disconnected compared to 30% of thriving students. 1st to 4th year undergraduate students feel significantly more connected than 5th-year undergraduate and graduate students

Social programming is visible, but mental health support is not

- 77% believe their residential community offers opportunities to engage socially
- But only 33% believe their residential community can support their mental wellbeing
- 41% are unsure whether their community can support mental wellness—a major awareness gap

Campus resources are trusted but underutilized

- 45% of students have been diagnosed with a mental health condition
- 55% have received professional mental health treatment
- Only 18% have received treatment on campus—despite 73% trusting campus counseling
- 5th-year students have the highest on-campus treatment rates at 32%

Note: The survey took place at the beginning of the year and this timing may have impacted the findings.

METHODOLOGY & SAMPLE



Methodology



Field Period

Survey collection started on **October 10th, 2025, and concluded on November 7th, 2025**. Housing providers were free to communicate and promote the survey to residents at the times/intervals most appropriate for their organization.



Sample & Mode

Coalition members sent invitations via email to the residents of their housing communities to take part in the online 2025 College Student Fall Mental Wellness Survey. A total of **11,204** students participated. Participation in the survey was voluntary, and the instrument included links to mental health resources.



Qualifications

The design of the study and collection method means that survey respondents had to be currently enrolled at an educational institution and living in housing that is provided by one of the Coalition member organizations.



Analysis

Statistical significance has been tested using a Z-test for pairwise column comparisons at the 95% confidence level within Unicom Intelligence Tables.

Total Sample Profile

Age

18	8%
19	23%
20	26%
21	20%
22	9%
23 or older	14%

Gender Identity

Female	58%
Male	23%
Non-binary / Prefer to self-describe	3%

Race

White	46%
Black	9%
AAPI	16%
Other	3%
Hispanic	14%

College Year

First-year undergraduate	9%
Second-year undergraduate	27%
Third-year undergraduate	29%
Fourth-year undergraduate	19%
Fifth-year+ undergraduate	3%
Graduate student	12%

Mental Health Diagnosis

Any (net)	45%
Anxiety Disorder	33%
Depression	26%
ADD / ADHD	15%
Eating disorder	7%
OCD	7%
PTSD	6%
Mood Disorder	4%
Bipolar Disorder	2%
Substance use disorder	1%
Other	4%

Participants were not required to answer any questions and, in some questions like Race, were able to select more than one response option. Percentages may be less than or great than 100% as a result.

Thriving College Student Index

Respondents rated their current lives – and expectations for their future lives – on a scale of 0 to 10, where 0 represents the worst possible life and 10 represents the best possible life. **Most** respondents fell into one of the three groups based on their responses:



Rate their current life as 7 and higher and their future life as 8 and higher. These individuals are **living their best lives and see the future as even brighter.**



Maintaining individuals rate their current life a 5 or 6 and their future life between 5 and 7. These individuals **might be doing just fine in their own eyes, but perhaps they can envision a better life both now and in the future.**



Rate their current life as 4 or below and their future life as 4 or below. These individuals are likely to be **having a tough experience managing life, and they aren't necessarily optimistic that this will change.**





Thriving Student Profile



43%

Age

18	8%
19	24%
20	26%
21	20%
22	9%
23 or older	13%

Gender Identity

Female	70%
Male	28%
Non-binary	2%
Prefer to self-describe	*

Race

White	71%
Black	11%
AAPI	19%
Other	7%
Hispanic	18%

College Year

First-year undergraduate	9%
Second-year undergraduate	28%
Third-year undergraduate	28%
Fourth-year undergraduate	19%
Fifth-year+ undergraduate	2%
Graduate student	14%

Mental Health Diagnosis

Any (net)	37%
Anxiety disorder	27%
Depression	18%
ADD/ADHD	12%
Eating disorder	5%
PTSD	6%
OCD	4%
Mood disorder	2%
Bipolar disorder	1%
Substance use disorder	1%
Other	2%

Participants were not required to answer any questions and, in some questions like Race, were able to select more than one response option. Percentages may be less than or great than 100% as a result.



Maintaining Student Profile



Age

18	6%
19	21%
20	28%
21	20%
22	9%
23 or older	16%

Gender Identity

Female	68%
Male	27%
Non-binary	4%
Prefer to self-describe	*

Race

White	65%
Black	11%
AAPI	26%
Other/Multi-race	7%
Hispanic	17%

College Year

First-year undergraduate	7%
Second-year undergraduate	24%
Third-year undergraduate	32%
Fourth-year undergraduate	21%
Fifth-year+ undergraduate	4%
Graduate student	12%

Mental Health Diagnosis

Any (net)	54%
Anxiety disorder	40%
Depression	36%
ADD/ADHD	21%
Eating disorder	9%
PTSD	9%
OCD	8%
Mood disorder	6%
Bipolar disorder	4%
Substance use disorder	1%
Other	4%

Participants were not required to answer any questions and, in some questions like Race, were able to select more than one response option. Percentages may be less than or great than 100% as a result.



Struggling Student Profile



3%

Age

18	9%
19	17%
20	25%
21	18%
22	7%
23 or older	24%

Gender Identity

Female	54%
Male	40%
Non-binary	5%
Prefer to self-describe	1%

Race

White	60%
Black	14%
AAPI	27%
Other/Multi-race	9%
Hispanic	18%

College Year

First-year undergraduate	10%
Second-year undergraduate	25%
Third-year undergraduate	28%
Fourth-year undergraduate	15%
Fifth-year+ undergraduate	5%
Graduate student	14%

Mental Health Diagnosis

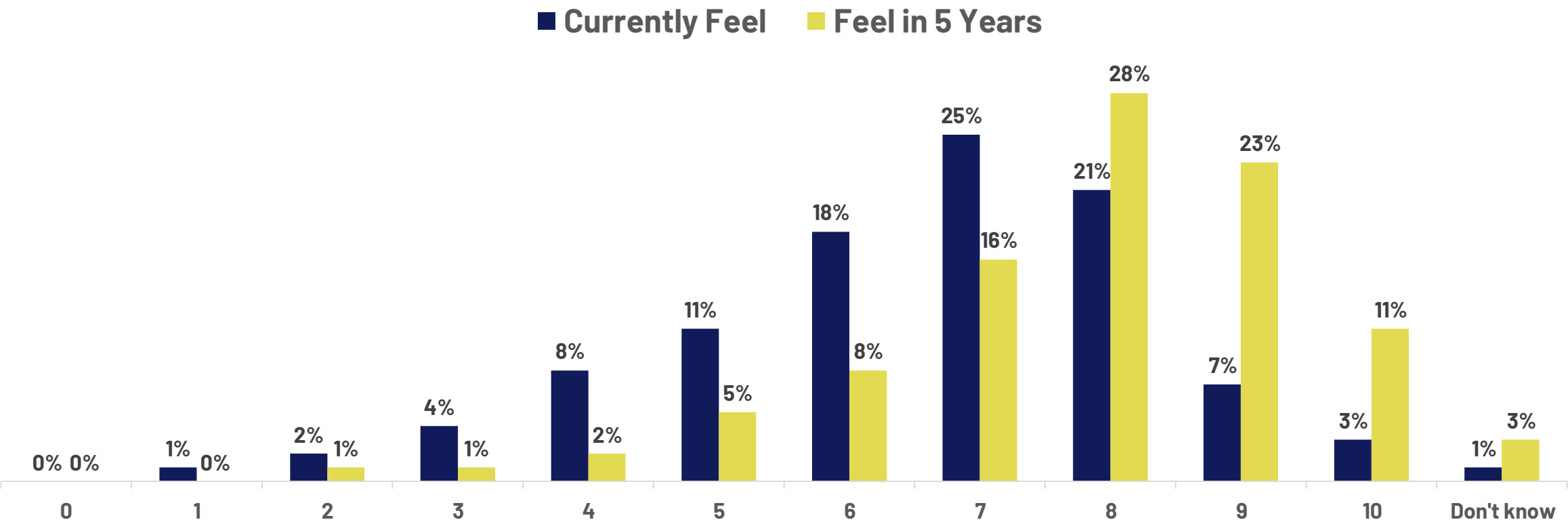
Any (net)	61%
Anxiety disorder	44%
Depression	43%
ADD/ADHD	22%
Eating disorder	11%
PTSD	10%
OCD	15%
Mood disorder	11%
Bipolar disorder	7%
Substance use disorder	2%
Other	11%

Participants were not required to answer any questions and, in some questions like Race, were able to select more than one response option. Percentages may be less than or great than 100% as a result.

SPOTLIGHT ON THRIVING



College students look to future with optimism with the majority expecting life satisfaction to improve over next five years



Source - B1. 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?
B2. 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?
Base: Total Current Students (n=11,204)



More than half of current students are either thriving or maintaining, consistent with 2023

Thriving



43%

Compared to 45% in 2023

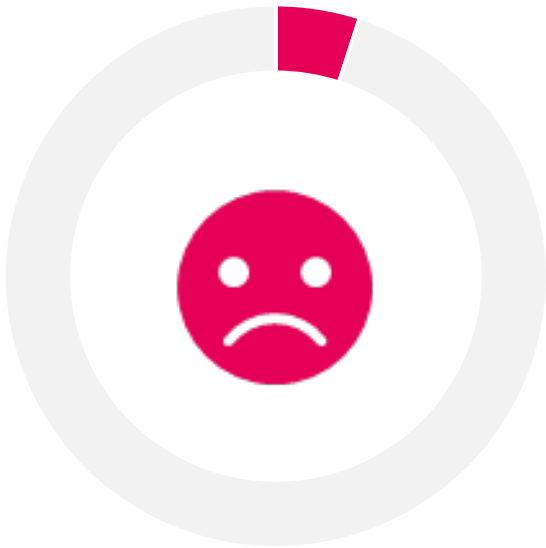
Maintaining



13%

Compared to 12% in 2023

Struggling



3%

Compared to 2% in 2023

The Thriving Student Profile



Positive Current and Future Life Rating

Rate their lives 7 or above on a scale of 1 to 10.

Characterized by Positive Emotions

Exhibit **joyfulness, thankfulness, and happiness**, while experiencing fewer negative emotions such as numbness, loneliness, and sadness.

Predominately **happy and calm**, rarely feeling downhearted or deeply depressed



Predominately Positive Mental Health

3 in 4 rate their current mental health as good



Thriving is built on daily connection, physical self-care, and maintaining a positive outlook

CONNECT

Thriving students are nearly twice as likely to **regularly socialize with friends and family** compared to struggling students (81% vs. 34%).

REST

Thriving students are twice as likely to **get adequate sleep** of 7-9 hours (54% vs. 26%) compared to struggling students.



MOVE

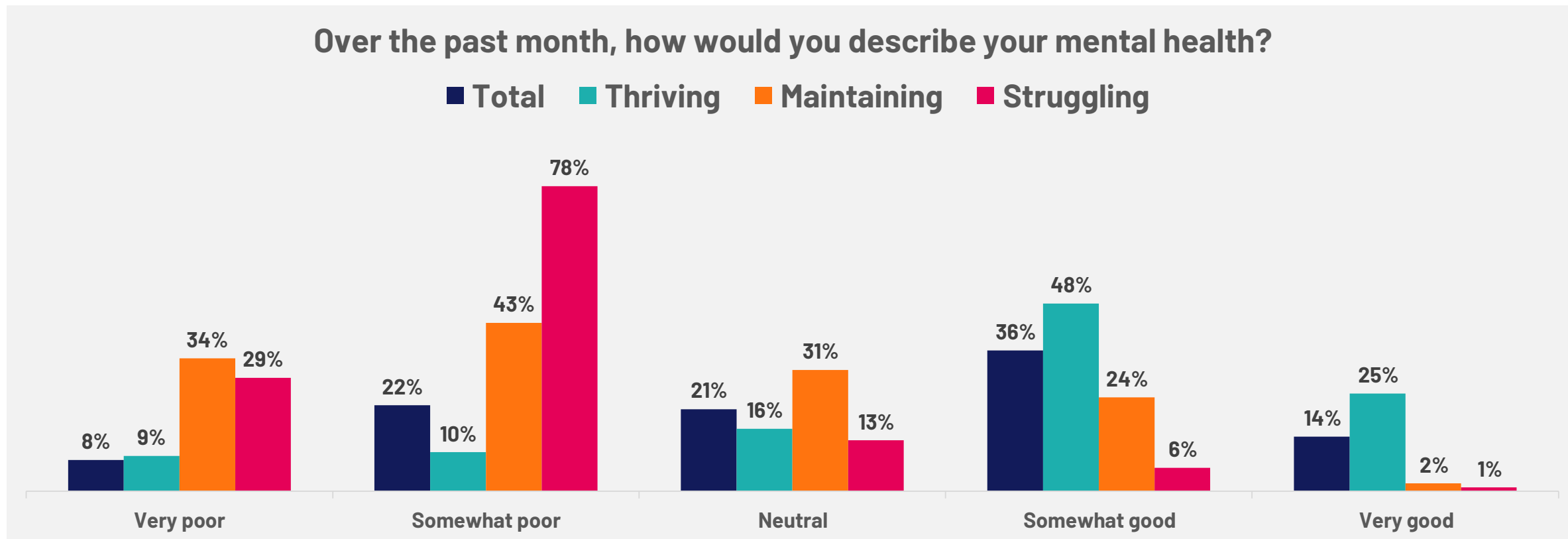
Thriving students are **more likely to exercise regularly** (52% vs. 30%) and **spend time outdoors** (57% vs. 32%) than their struggling peers.

NOURISH

Thriving students are twice as likely to **maintain healthy eating habits** (56% vs. 23%) compared to struggling students.

Source - B11. Please indicate the amount of time you have spent doing the following activities during the past month to support your mental health.
Base: Varies




Thriving students are more likely to report good mental health, while struggling students describe their mental health as poor over the past month



Source - B6. Over the past month, how would you describe your mental health?
Base: 11,147 Total Respondents, 4,844 Index-Thriving, 1,425 Index-Maintaining, 291 Index-Struggling

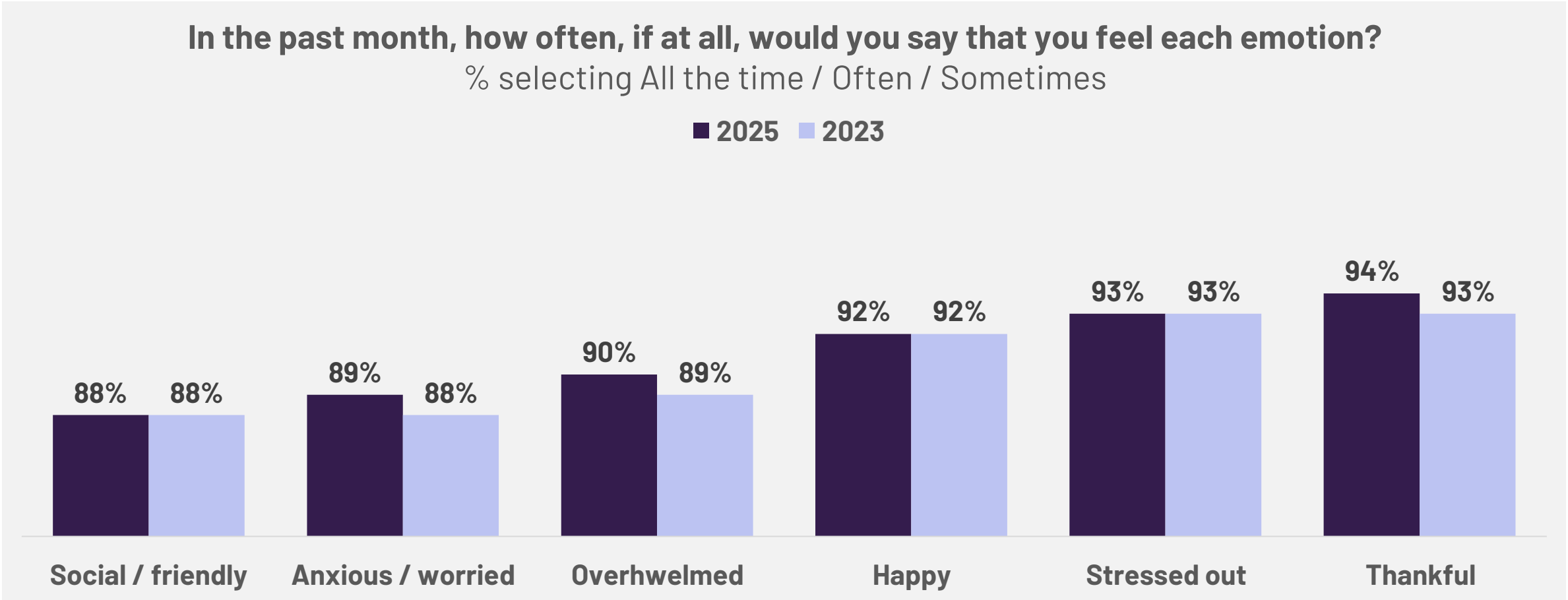
Thriving students often feel thankful, happy, and social, while struggling students tend to experience stress, anxiety, and overwhelm

In the past month, how often, if at all would you say you feel each of the emotions listed below?
% Selecting All the time / Often

	Total	Thriving 	Maintaining 	Struggling 
Thankful	68%	82%	48%	29%
Stressed out	66%	54%	74%	85%
Anxious / worried	59%	45%	71%	80%
Overwhelmed	59%	46%	67%	80%
Happy	58%	80%	34%	11%
Social / friendly	52%	67%	35%	16%

Source - B4. In the past month, how often, if at all, would you say that you feel each of the emotions listed below? All the time / Often
Base: Varies

9 in 10 students feel both happy and stressed – unchanged since 2023



Source - B4. In the past month, how often, if at all, would you say that you feel each of the emotions listed below? All the time / Often / Sometimes
Base: Varies



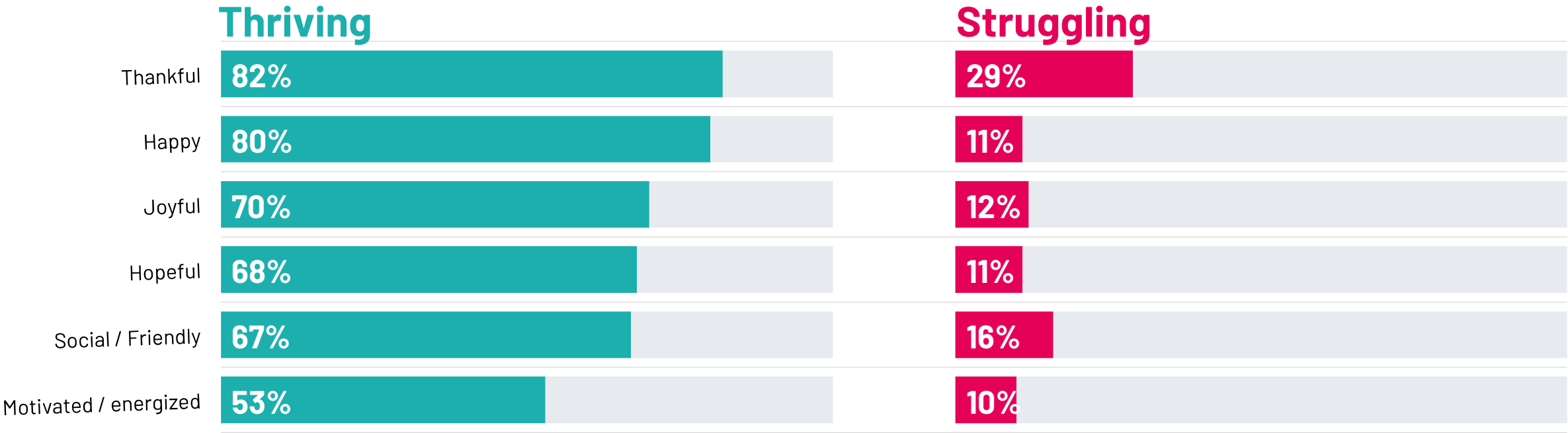
79%

of thriving students
felt *they were a happy
person all or most of
the time in the past
month*

Source: For each statement below, please indicate how much of the time it was true for you in the past month. – I was a happy person. All or most of the time
Base: Index Thriving Student (n=4,071)

Thriving students are 7x more likely to feel happy often than Struggling students

In the past month, how often, if at all would you say you feel each of the emotions listed below?
% Selecting All the time / Often



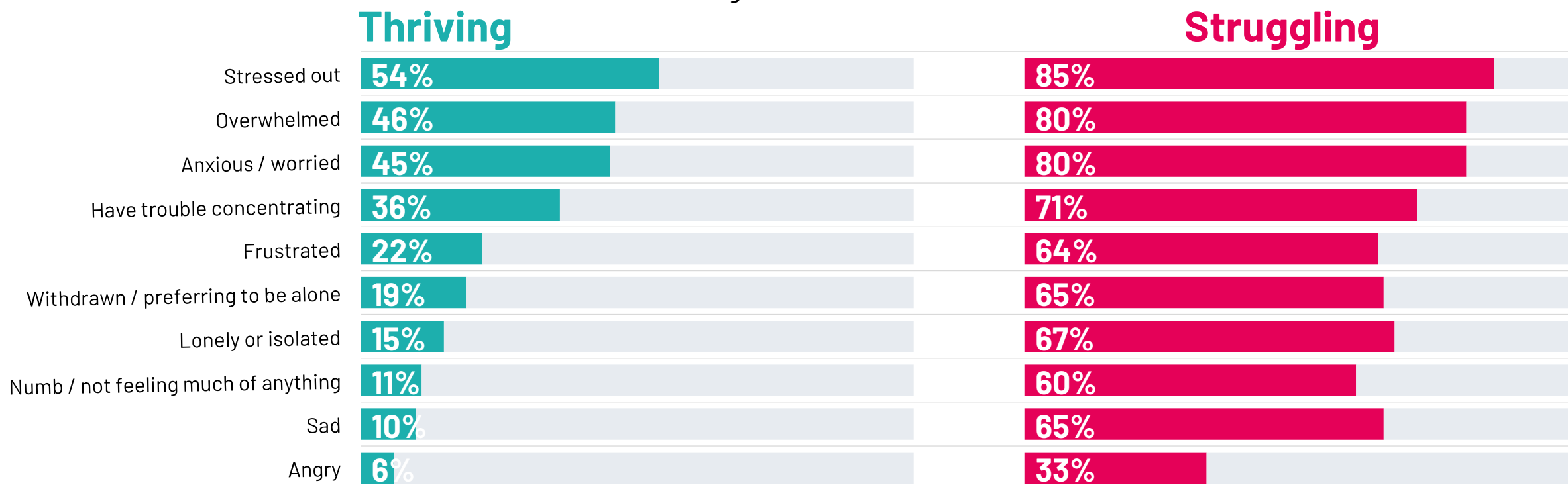
Source - B4. In the past month, how often, if at all, would you say that you feel each of the emotions listed below? All the time / Often
Base: Varies



Struggling students are more likely to feel withdrawn and lonely / isolated than Thriving students

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

% Selecting All the time / Often



Source - B4. In the past month, how often, if at all, would you say that you feel each of the emotions listed below? All the time / Often
Base: Varies

Female and non-binary students feel more stressed and anxious than male peers, while freshmen report being the most thankful and least stressed

AAPI students report lowest levels across most emotions

Those who are non-binary / prefer to self-describe their gender identity are more apt to feel negative emotions

Freshman are most inclined to feel thankful

		Total	Race/Ethnicity					Gender			Year in School					
Rank out of 16 emotions			White	Black	Hispanic	AAPI	Other	Male	Female	Other	First year	Second year	Third year	Fourth year	Fifth year	Grad student
1	Thankful	68%	68%	72%	72%	59%	66%	64%	70%	39%	73%	70%	68%	66%	61%	64%
2	Stressed out	66%	69%	64%	66%	60%	65%	53%	71%	75%	58%	65%	70%	69%	70%	55%
3	Anxious / worried	59%	63%	56%	61%	54%	59%	46%	65%	73%	53%	59%	63%	60%	68%	52%
4	Overwhelmed	59%	61%	58%	59%	52%	60%	43%	64%	71%	53%	60%	62%	59%	61%	50%
5	Happy	58%	61%	49%	60%	52%	56%	56%	59%	40%	60%	62%	58%	58%	43%	54%
6	Social / friendly	52%	54%	45%	52%	49%	51%	52%	53%	35%	52%	57%	51%	52%	37%	48%

Shading represents a significantly higher figure vs. all other race/ethnicity groups

Shading represents a significantly higher figure between Male/Female vs. Non-Binary/Prefer to self-describe

Shading represents a significantly higher figure vs. all other school year groups

Source – B4. In the past month, how often, if at all, would you say that you feel each of the emotions listed below? All the time / Often *Top 2 Box (Subnet)*

Base: Varies

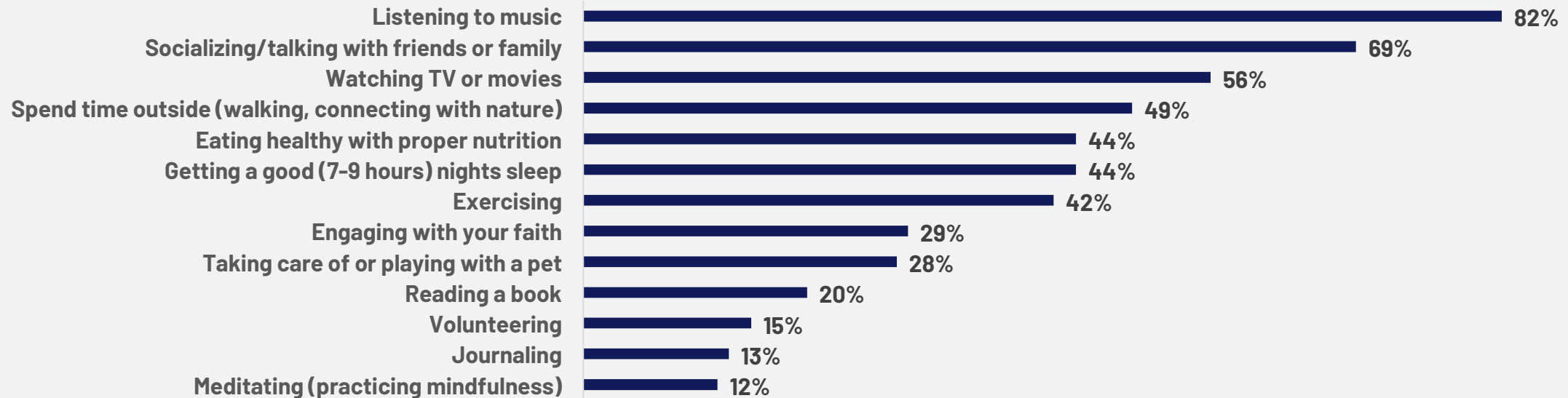
© Ipsos | Thriving College Students 2025



Students frequently listen to music and socialize/talk with friends or family to support their mental health

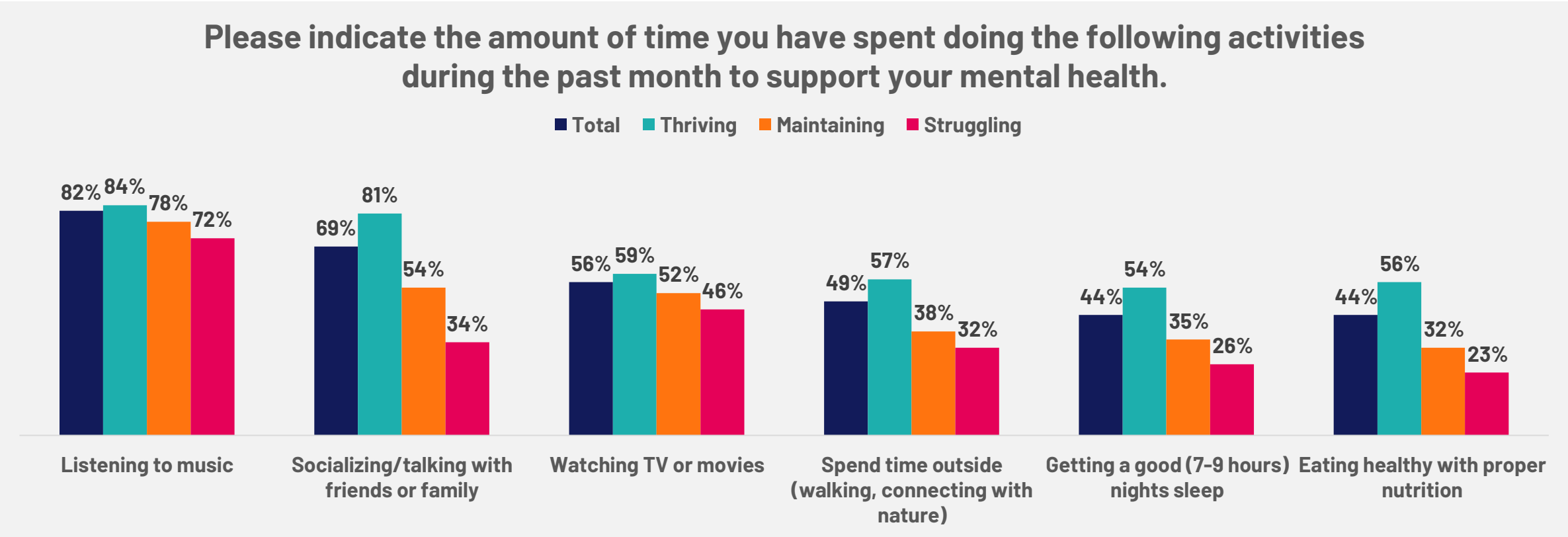
Please indicate the amount of time you have spent doing the following activities during the past month to support your mental health.

All the time or Often



Source - B11. Please indicate the amount of time you have spent doing the following activities during the past month to support your mental health. *All the time / Often*
Base: Varies

Thriving students twice as likely to socialize, prioritize sleep, and eat healthy compared to struggling peers



Source: B11. Please indicate the amount of time you have spent doing the following activities during the past month to support your mental health. *All the time / Often*
Base: Varies



Build thriving communities through connection, daily wellness habits, and targeted support

Prioritize social connection

- Create low-barrier social opportunities (coffee hours, study groups, walking clubs)
- Train staff to identify isolated residents
- Launch peer mental health ambassador programs

Activate move, nourish, connect, and rest framework

- Offer pillar-specific programming (fitness, cooking, sleep workshops)
- Create resident wellness challenges
- Create awareness campaigns for healthy habits students are practicing less frequently like meditating and journaling

Create targeted support for at-risk populations

- Offer culturally responsive resources for Black / AA and AAPI students (25% and 26% respectively struggle finding relatable providers)
- Offer gender-affirming support & LGBTQ+ resources
- Offer Graduate-specific flexible programming

MENTAL HEALTH PERSPECTIVES AND RESOURCES



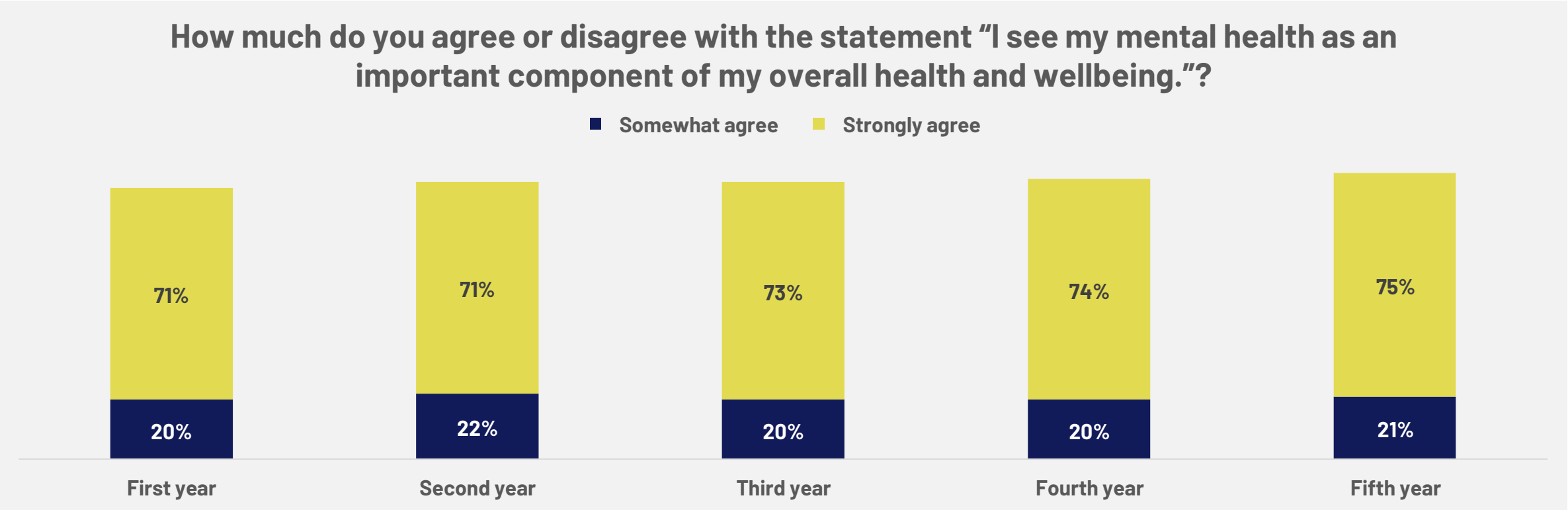
93%

of current students
see *mental health as an
important component
of their overall health
and wellbeing*

Source - B5. 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."?
Strongly Agree/Somewhat Agree



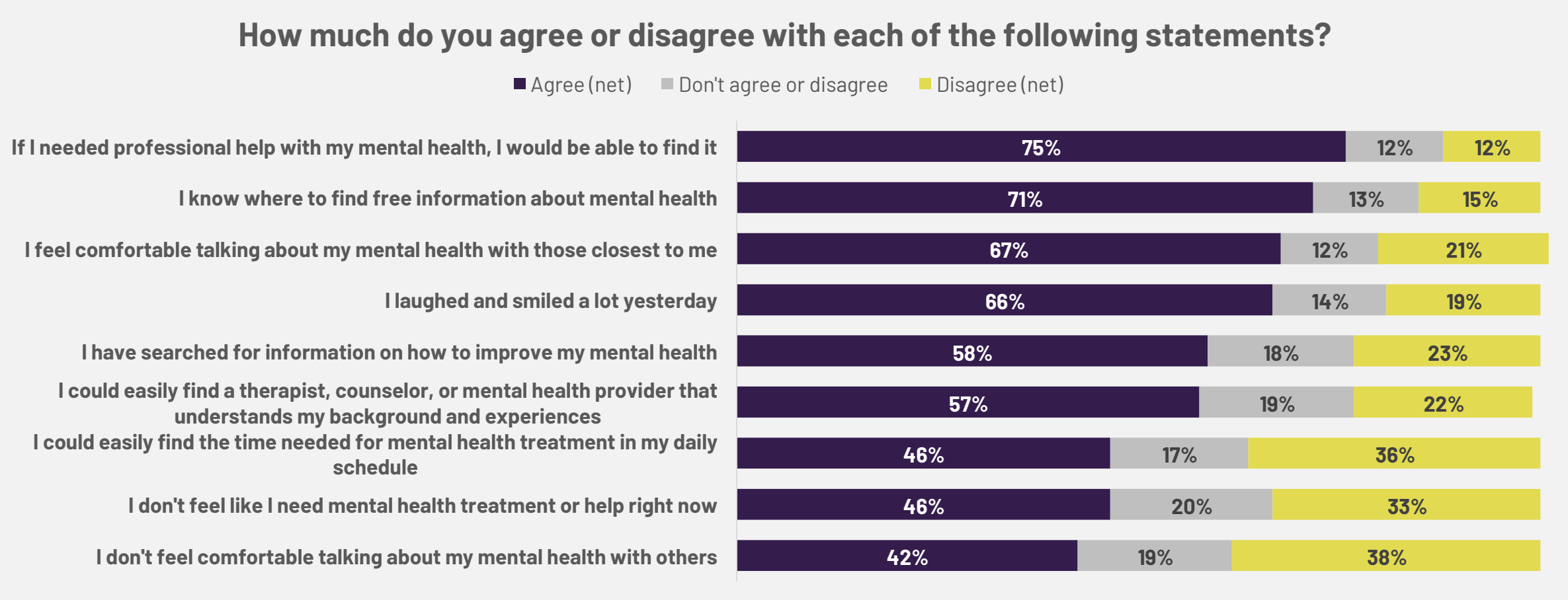
Agreement with importance of mental health as an important component of overall health and wellbeing increases overtime for undergraduate students



Source - B5. 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.”? Strongly Agree/Somewhat Agree
Base: First year (n=986), Second year (n=3,067), Third year (n=3,240), Fourth year (n=2,174), Fifth year (n=315)



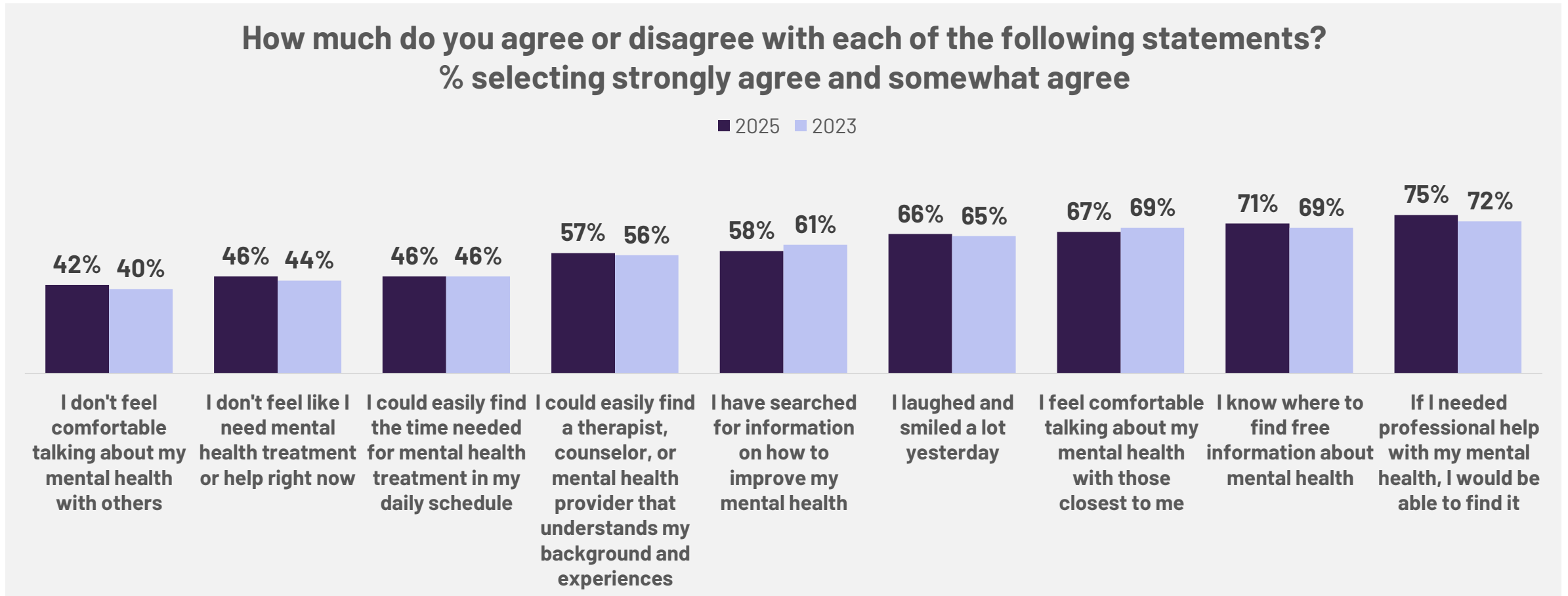
Most students know how to seek help and information, but less than half are comfortable talking about mental health with others



Source - B7. How much do you agree or disagree with each of the following statements?
Base: Total Current Students (n=10,619)



Student attitudes toward mental health access and comfort remain virtually unchanged since 2023

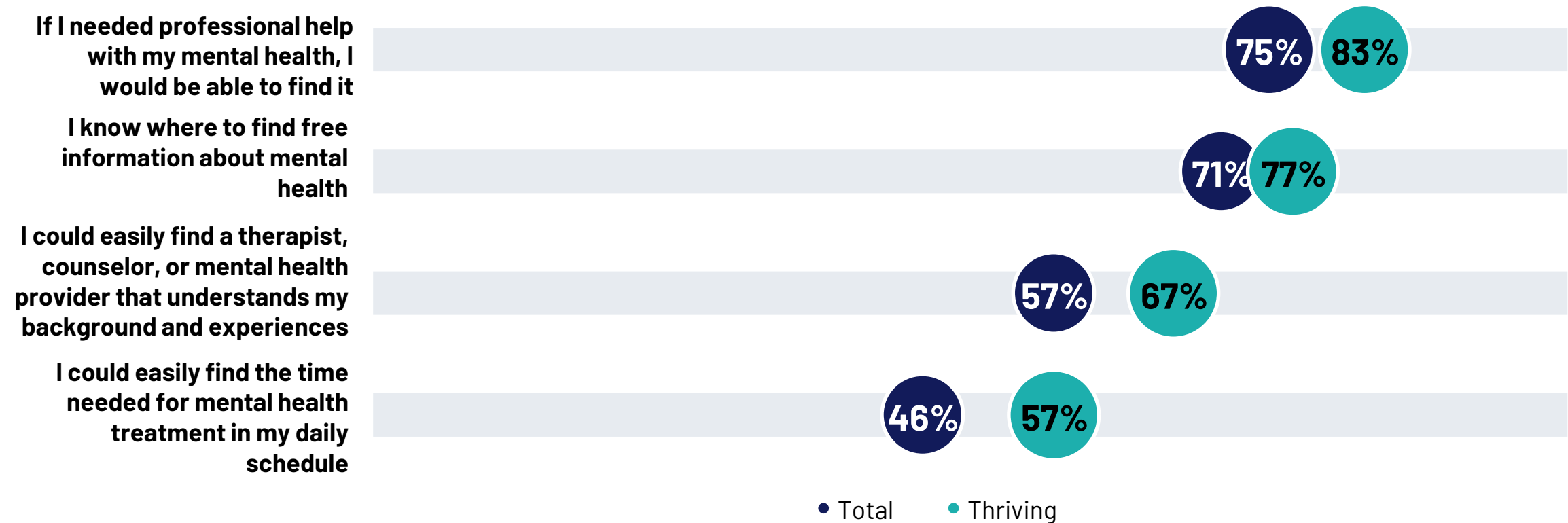


Source - B7. How much do you agree or disagree with each of the following statements?
Base: Total Current Students 2025 (n=10,619), Total Current Students 2023 (n=24,791)

Students who are thriving have more confidence in their ability to find mental health resources

How much do you agree or disagree with each of the following statements?

% selecting strongly or somewhat agree






Source - B7. How much do you agree or disagree with each of the following statements? Strongly agree / somewhat agree
Base: Total Current Students (n = 10,619), Index Thriving Students (n = 4,607)



Thriving students are nearly twice as likely than struggling peers to feel they could find time for mental health treatment and locate culturally competent providers

How much do you agree or disagree with each of the following statements?

% Selecting strongly / somewhat agree

	Total	Thriving 	Maintaining 	Struggling 
If I needed professional help with my mental health, I would be able to find it	75%	83%	67%	47%
I know where to find free information about mental health	71%	77%	63%	54%
I could easily find a therapist, counselor, or mental health provider that understands my background and experiences	57%	67%	48%	33%
I could easily find the time needed for mental health treatment in my daily schedule	46%	57%	35%	22%

Source - B7. How much do you agree or disagree with each of the following statements? Strongly agree / somewhat agree

Base: Total Current Students (n = 10,619), Index Thriving Students (n = 4,607), Index Maintaining Students (n = 1,353), Index Struggling Students (n = 285)

Most students are comfortable discussing mental health with those closest to them, but stigma persists

67%

Are **comfortable** talking about mental health with those **closest** to them

49%

Regularly talk about mental health with their friends

44%

Fear they may be **judged** if they openly talked about their mental health

42%

Do not feel **comfortable** talking about their mental health **with others**

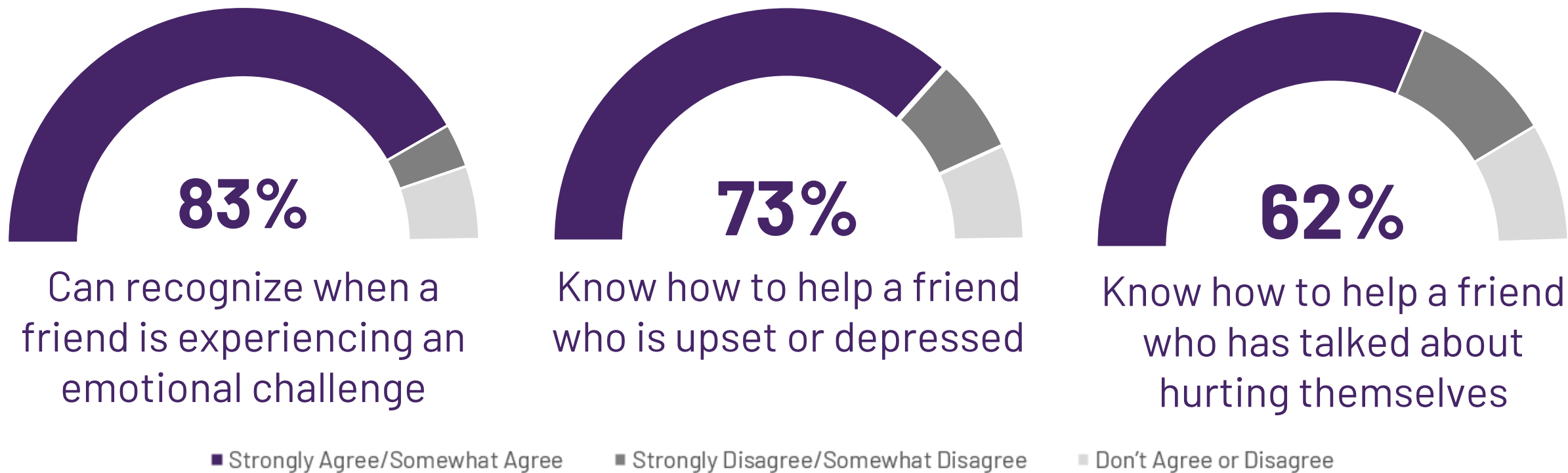
Source - B7. How much do you agree or disagree with each of the following statements? Strongly agree / somewhat agree

Base: Total Current Students (n=10,619)

Source - B10. How much do you agree or disagree with each of the following statements? % selecting agree

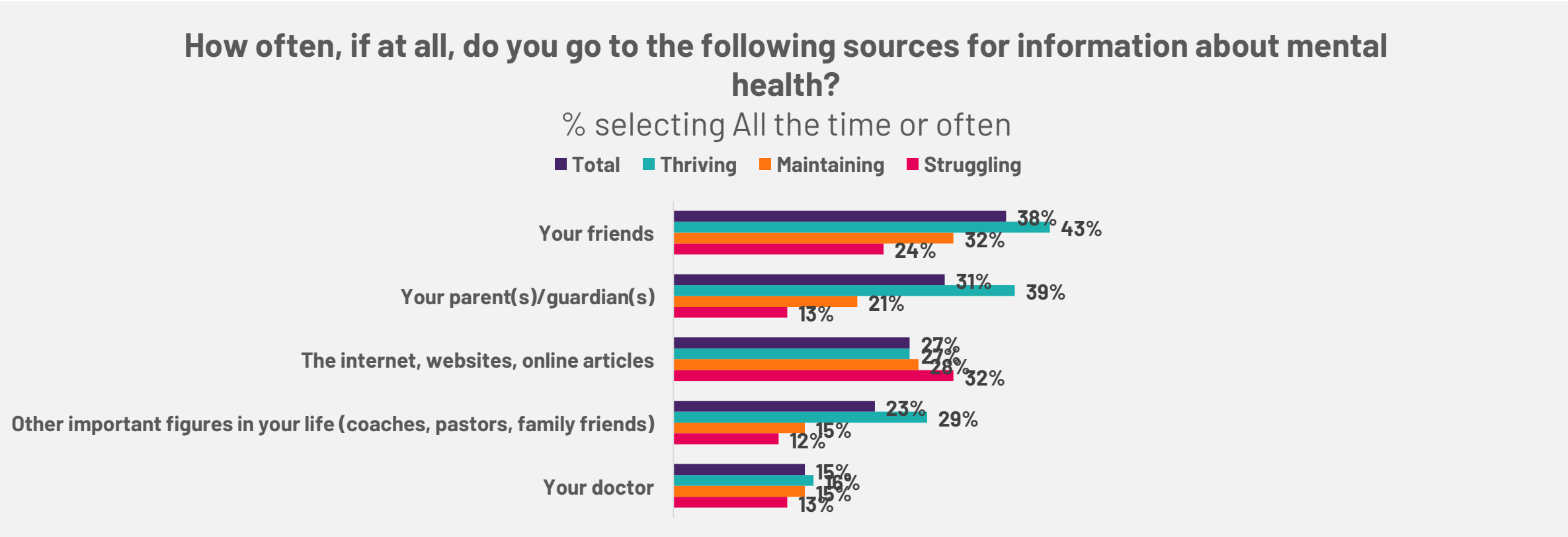
Base: Total Current Students (n=9,818)

Most students know how to recognize and help a friend in need



Source - B10. How much do you agree or disagree with each of the following statements? % selecting agree
Base: Total Current Students (n=9,818)

Thriving students actively seek mental health support from their personal networks, unlike struggling students



Source - B8. How often, if at all, do you go to the following sources for information about mental health? All the time / often
Base: Total Current Students (n = 10,341), Index Thriving Student (n=4,491), Index Maintaining Student (n=1,316), Index Struggling Student (n=278)

AAPI and non-binary students face the steepest barriers to finding relatable providers for treatment

	Total	Race/Ethnicity					Gender			Year in School					
		White	Black	Hispanic	AAPI	Other	Male	Female	Other	First year	Second year	Third year	Fourth year	Fifth year	Grad student
Attitudes, Strongly / Somewhat agree															
If I needed professional help with my mental health, I would be able to find it	75%	78%	73%	73%	70%	72%	71%	77%	68%	72%	75%	75%	76%	71%	77%
I know where to find free information about mental health	71%	73%	71%	69%	69%	68%	69%	73%	70%	69%	72%	71%	72%	69%	70%
I could easily find a therapist, counselor, or mental health provider that understands my background and experiences	57%	62%	53%	56%	49%	51%	54%	59%	46%	56%	58%	57%	60%	54%	56%
I could easily find the time needed for mental health treatment in my daily schedule	46%	45%	53%	49%	43%	45%	47%	46%	33%	52%	47%	45%	45%	47%	47%
Have received professional mental health treatment															
Anywhere	55%	61%	53%	56%	43%	60%	41%	60%	82%	45%	51%	58%	59%	69%	57%
On campus	18%	17%	20%	18%	18%	22%	14%	18%	31%	7%	13%	18%	21%	32%	25%

Source - B7. How much do you agree or disagree with each of the following statements. Strongly / Somewhat agree shown. -- (statement)
 B141. 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?

Shading represents a significantly higher figure vs. all other race/ethnicity groups

Shading represents a significantly higher figure between Male/Female vs. Non-Binary/Prefer to self-describe

Shading represents a significantly higher figure vs. all other school year groups

Note: The survey took place in the first couple months of the semester. This may explain low utilization for first year students.

Bridge the gap between knowledge and action – students know where to find help, but barriers persist

Reduce stigma and normalize conversations around mental health

- Launch peer-led mental health discussions and storytelling campaigns
- Train residential staff as "mental health allies" for approachable conversations
- Promote visible messaging that mental health = overall health (93% agree)


Close the access gap for culturally competent care

- Partner with diverse providers and promote identity-specific resources
- Offer provider directories highlighting specialties (LGBTQ+, cultural backgrounds)
- Expand on-campus counseling outreach—trusted by 73% but used by only 11%

Build peer support capacity

- Expand Mental Health First Aid training—83% can recognize struggling friends, but only 62% know how to help with self-harm
- Create "How to Help a Friend" resource cards and workshops

RESIDENTIAL COMMUNITY & ON- CAMPUS SUPPORT



28%
of current students
feel a personal
connection to their
residential community

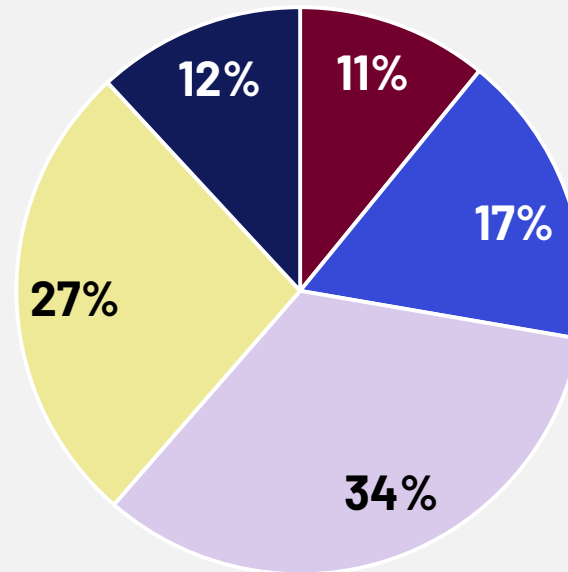
Source – B12. How would you describe your personal connection to your residential community?
Base: Total Current Students (n = 9,560)

Almost 2 in 5 have little to no connection with their residential community

- Significantly more 1st year to 4th year **undergraduate students** feel connected to their residential community **than 5th year undergraduate and Graduate students**
- **63% of struggling students** report little to no connection with their residential community

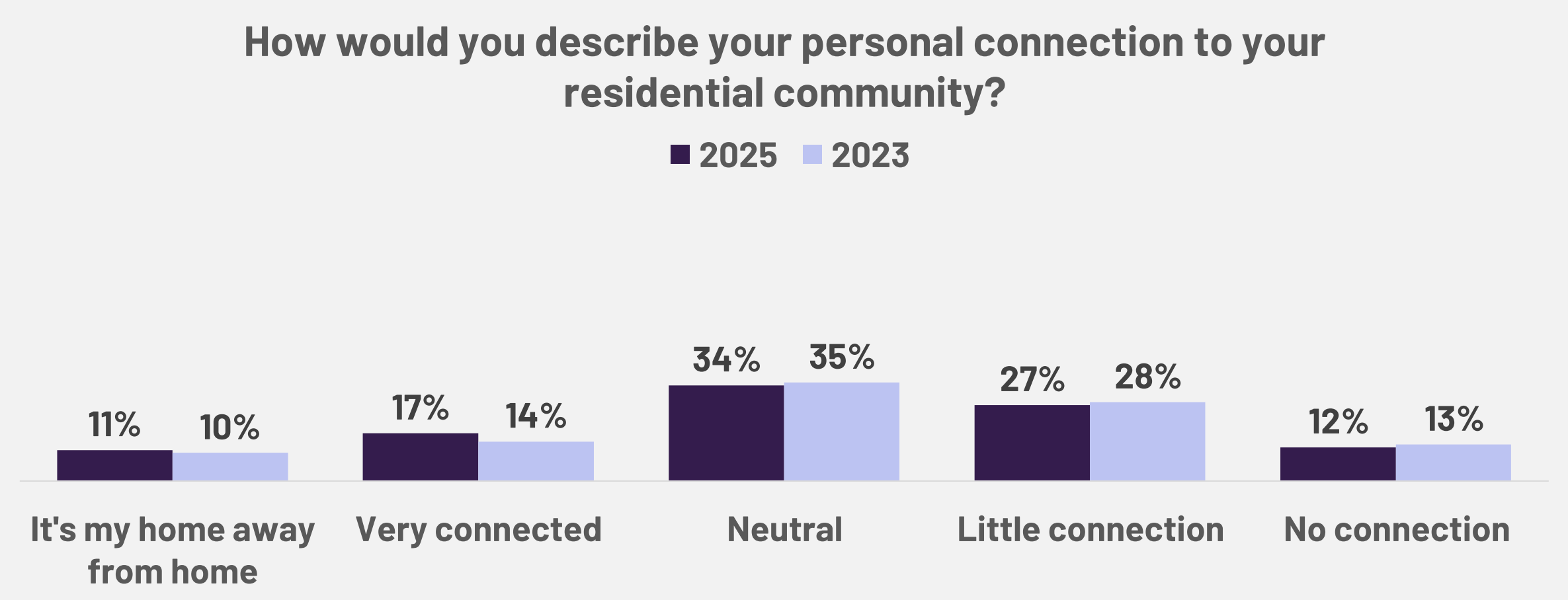
How would you describe your personal connection to your residential community?

■ It's my home away from home ■ Very connected ■ Neutral ■ Little connection ■ No connection



Source – B12. How would you describe your personal connection to your residential community?
Base: Total Current Students (n = 9,560)

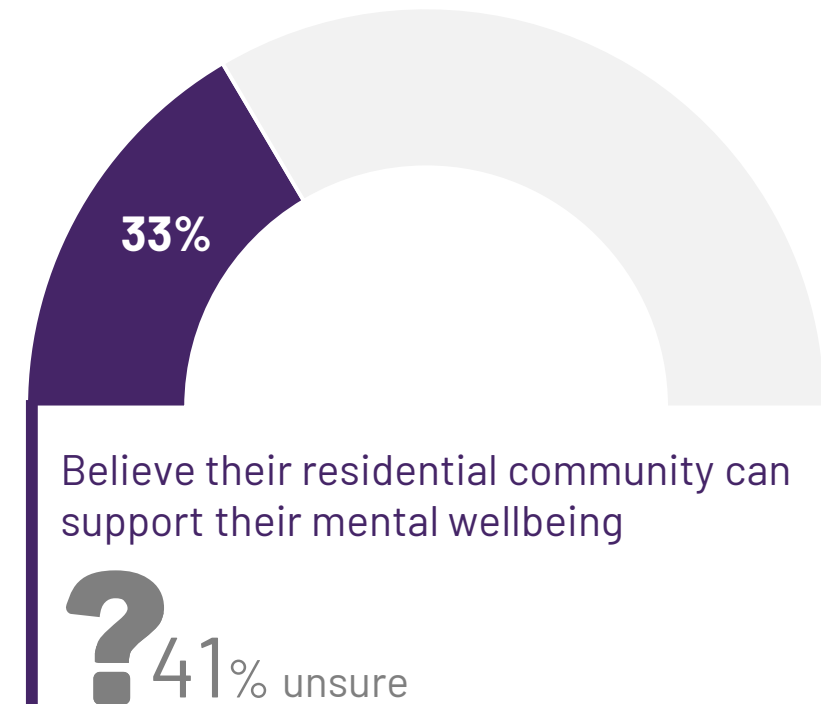
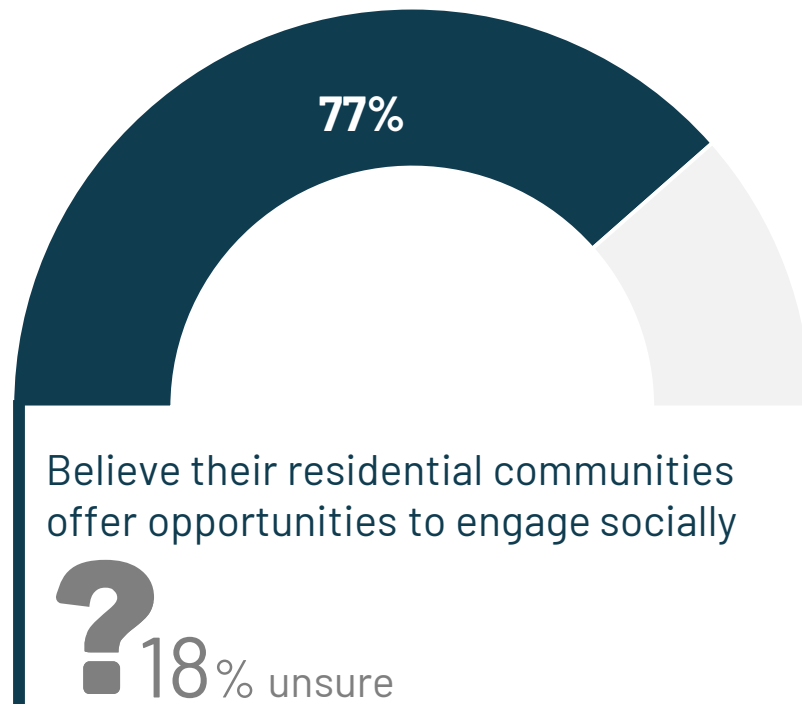
More than a third feel neutral about their residential community, with little change since 2023



Source – B12. How would you describe your personal connection to your residential community?
Base: Total Current Students 2025 (n=9,560), Total Current Students 2023 (n=24,791)



Most believe their residential community offers opportunities to engage socially but 2 in 5 are unsure how their community can support their wellbeing



Source - B121. Does your residential community provider communicate and promote opportunities to engage socially with other residents or staff members?

Base: Total Current Students (n = 9,544)

Source - B13. Do you think your residential community can help support your mental wellbeing?

Base: Total Current Students (n = 9,532)

A photograph of students in a library or study hall. In the foreground, two young women are sitting at a table, looking at a laptop. One woman has long brown hair and is wearing a blue denim jacket, while the other has dark curly hair and is wearing a beige sweater. They both have coffee cups in front of them. In the background, other students are visible, including a man in a white shirt and another man in a blue shirt. Bookshelves filled with books are visible in the background.

45%

of current students
have been diagnosed
by a doctor or other
qualified professional
with a mental health
condition

B15. Have YOU ever been diagnosed by a doctor or other qualified professional with any of the following mental health conditions?
(Select all answers that apply) As a reminder, this information is being collected by Ipsos and will be completely anonymous.
Base: Total Current Students (n = 9,432)

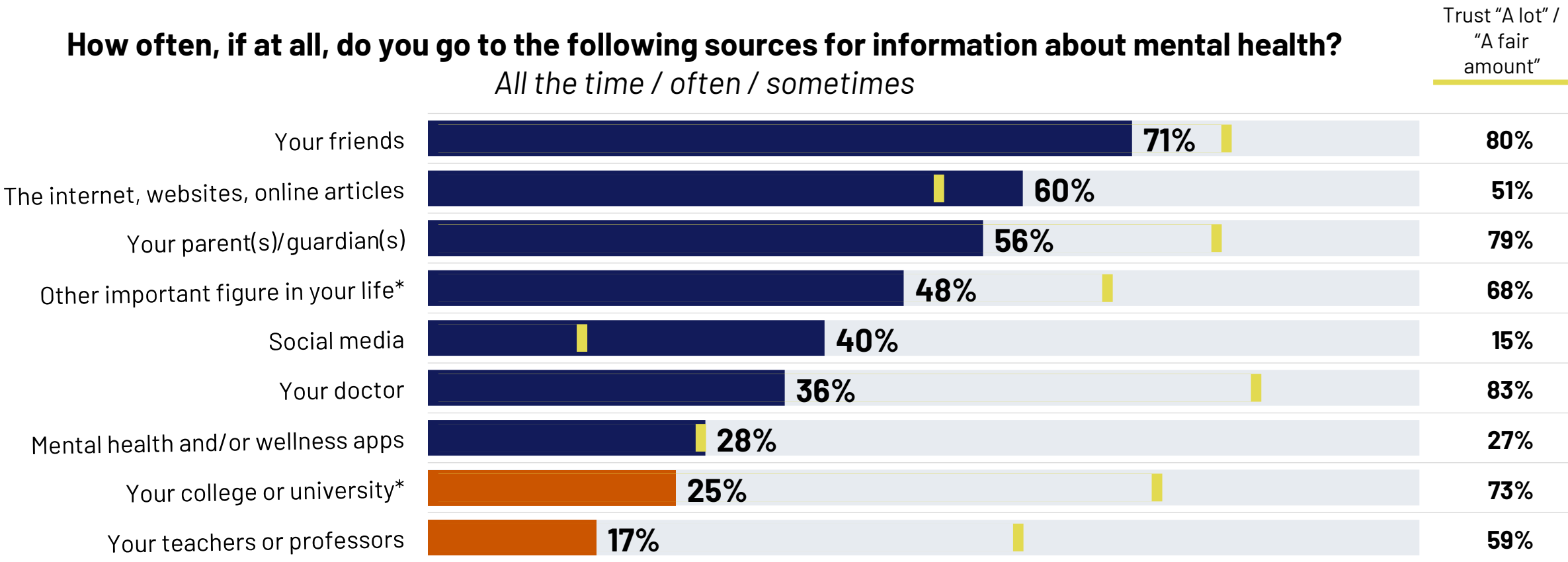
More than half of students have received mental health treatment from a professional, with 1 in 5 receiving on campus

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?



Source - B141. 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?
Base: Total Current Students (n=9,450)

Campus counselling is trusted by 3 in 4 students, yet only 1 in 4 turn to it for mental health information



*Note: The full statements read as "Other important figures in your life (coaches, pastors, family friends)" and "Your college or university's counselors / counseling center"

Source - B8. How often, if at all, do you go to the following sources for information about mental health? All the time / often

Base: Total Current Students (n = 10,341)

Source - B9. Now for each of the below, think about how much you TRUST them as sources of information about mental health. A lot / A fair amount

Base: Varies

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Transform residential communities from housing to a safe space for wellness

Deepen community connection*

- Move beyond events to relationship-building (small groups, mentorship, recurring gatherings)
- Proactive outreach to isolated residents
- Create belonging indicators and track connection by student segment

Brand residential communities as mental wellness partners

- Communicate mental health offerings clearly—41% don't know if support exists
- Integrate wellness messaging into move-in, newsletters, and common spaces
- Train residential staff in Mental Health First Aid and visible wellness roles

Bridge the gap to campus resources

- Partner with campus counseling for on-site hours, workshops, or referral pathways
- Reduce friction: promote telehealth, evening hours, walk-in availability

Note: The survey took place at the beginning of the year. Students may continue to build community over the course of the year.

APPENDIX

Thriving College Student Index – Method Details

Respondents were asked to rate their current lives on a scale of 0 through 10, where 0 represents the worst possible life and 10 represents the best possible life. Respondents were also asked how they think their lives will rate in the future. Leveraging this time-tested approach based on the Cantril Scale for life evaluation, most respondents fell into one of three groups based on their responses. *(Note: not all students fell into one of the three subgroups. Rather, they are included in the total respondent/student population group throughout the report.)*

Thriving students rated their **current life as 7 and higher** and their **future life as 8 and higher**.

Maintaining students occupy the in-between, rating their **current life between 5 to 6** and their **future life between 5 and 7**.

Struggling students rated their **current life 4 and below** and their **future life 4 and below**.

Students who fall in the **Thriving category are living their best lives and see the future as even brighter**. Conversely, students who fall into the **Struggling category don't have a very good opinion about the current state of their life, and they aren't optimistic that this is going to change**. Those students that fall in the **Maintaining category are uncertain. They think their current life could be better, but they may not see a path to thrive in the future or are uncertain about how to improve their current reality**.

This Thriving College Student Index allows us to better understand the students who are thriving and take a closer look at their habits, behaviors, relationships, and connection to their housing communities. By further understanding Thriving students, we can dig deeper into the behaviors of those students in the Maintaining and Struggling categories to identify potential opportunities that can help foster positive environments and relationships.

THANK YOU