



Virtual Behavioral Health

College Student Mental Health Concerns

The college experience is often seen as a time for personal growth, academic achievement, and forging new friendships. However, it also **brings new challenges, life transitions, and sometimes disappointment and grief.**

According to our College Student Mental Health Report, over half (51%) of the 1,000 undergraduate college students we surveyed **reported a decline in their mental health during college.**

It's important to recognize that mental health challenges are prevalent in college, and understanding the most common conditions and underlying causes can help students **identify potential risks and available resources.**

KonnnectMD Helps to Make a Difference

According to the 2022 College Student Mental Health Report, 60% of college students **feel their schools don't support their mental health** well enough. 40% of college students admitted that they can't seek mental health help due to cost and lack of insurance.

To address this issue, **KonnnectMD collaborates with educational institutions** to offer a secure and private platform for individuals needing mental health assistance. Our affordable monthly subscription includes **unlimited virtual access to licensed professionals 24/7, with no visit fees.** Our experts design tailored therapy programs to address a student's specific mental health concerns, whether it's anxiety, depression, stress, relationship difficulties, or any other issues.

www.konnnectmd.com

Quick Facts

- Available nationwide
- 40 minute sessions
- On- Demand Sessions
- Can Keep the Same Provider
- Connect Privately from Anywhere

By the Numbers

- In 2022, over three-quarters of college students (77%) experienced moderate to serious psychological distress.
- 35% of students were diagnosed with anxiety; 27% had depression.
- 34% of students said anxiety negatively impacted their performance in class during the last 12 months.
- 29% of students met the criteria for suicidal ideation, while 3% reported attempting suicide in the past year.
- 12% of students admitted to intentionally injuring themselves within the year.