

UNIVERSITY COUNSELING CENTER

2023-24 SNAPSHOT

SAME DAY URGENT CARE, INITIAL SCREENING APPOINTMENT WITHIN 48 HOURS, AND TREATMENT WITHIN 10 BUSINESS DAYS

7,134

APPOINTMENTS TOTAL

6295 INDIVIDUAL 189 CRISIS 650 GROUP



61%

OF STUDENTS ENTERED SERVICES WITH PRIOR COUNSELING

47%

OF STUDENTS ENDORSED A HISTORY OF TRAUMA

TOP 5 PRESENTING CONCERNS

- Anxiety/stress and related disorder
- Depression and mood-related disorders
- Interpersonal/Relationship
- Trauma/Abuse
- Career and academic issues



15,221 PARTICIPANTS AT MENTAL HEALTH PROGRAMS

1,398 UNIQUE STUDENTS SEEN

362 MENTAL HEALTH CONSULTATIONS

777 SUICIDE PREVENTION GATEKEEPERS

1,421 MENTAL HEALTH SCREENINGS

161 STUDENTS IN GROUP THERAPY

488 MENTAL HEALTH PROGRAMS

- Increasing trend: Social Anxiety displayed the greatest 13-year change
- Anxiety and Depression continue to be the most common presenting concern
- Decreasing trends: alcohol use, frustration/anger, threat to others