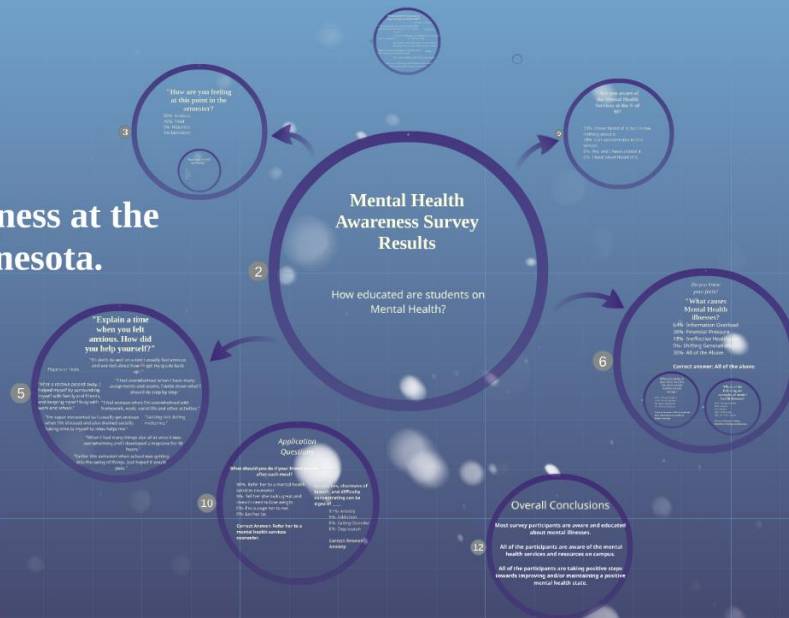


# Mental Health Awareness at the University of Minnesota.



## Mental Health Awareness Survey Results

How educated are students on Mental Health?

## "How are you feeling at this point in the semester?"

55%- Anxious  
45%- Tired  
0%- Hopeless  
0%-Motivated

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### "Rate your mental well being."

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0%-1  
9%-2  
27%-3  
64%-4  
0%-5

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0%-1  
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## "Explain a time when you felt anxious. How did you help yourself?"

"If i don't do well on a test i usually feel anxious and worried about how i'll get my grade back up."

Papers or Tests

"After a relative passed away. I helped myself by surrounding myself with family and friends, and keeping myself busy with work and school."

"I feel overwhelmed when I have many assignments and exams. I write down what I should do step-by-step."

"I feel anxious when I'm overwhelmed with homework, work, social life and other activities."

"I'm super introverted so I usually get anxious when I'm stressed and also drained socially. Taking time to myself to relax helps me."

"Getting sick during midterms."

"When I had many things due all at once it was overwhelming and I developed a migraine for 48 hours."

"Earlier this semester when school was getting into the swing of things. Just hoped it would pass."

*Do you know your facts?*

## "What causes Mental Health illnesses?"

64%- Information Overload  
36%- Financial Pressure  
18%- Ineffective Healthcare  
0%- Shifting Generations  
36%- All of the Above.

**Correct answer: All of the above.**

What percentage of students in America rate their mental health as below average?

64%- 50% of Students  
27%- 75% of Students  
9%- 20% of Students  
0%- 15% of Students

**Correct Answer: 50% of students rate their mental health as below average.**

Which of the following are examples of mental health illnesses?

46%- Eating Disorder  
46%- Anxiety  
0%- Asthma  
46%- Depression  
55%- All of the Above

**Correct Answer: Eating Disorder, Anxiety, Depression.**

**What percentage of students in America rate their mental health as below average?**

- 64%- 50% of Students
- 27%- 75% of Students
- 9%- 20% of Students
- 0%- 15% of Students

**Correct Answer- 50% of students rate their mental health as below average.**

**Which of the following are examples of mental health illnesses?**

- 46%- Eating Disorder
- 46%- Anxiety
- 0%- Asthma
- 46%- Depression
- 55%- All of the Above

**Correct Answer- Eating Disorder, Anxiety, Depression.**



## "Are you aware of the Mental Health Services at the U of M?"

73%- I have heard of it, but I know nothing about it.  
18%- I am uninterested in this service.  
8%- Yes, and I have utilized it.  
0%- I have never heard of it.

## Application Questions

What should you do if your friend purges after each meal?

90%- Refer her to a mental health services counselor  
9%- Tell her she looks great and doesn't need to lose weight.  
0%- Encourage her to eat  
0%- Let her be.

**Correct Answer: Refer her to a mental health services counselor.**

Headaches, shortness of breath, and difficulty concentrating can be signs of \_\_\_\_

91%- Anxiety  
9%- Addiction  
0%- Eating Disorder  
0%- Depression

**Correct Answer: Anxiety.**

## What actions will you take to improve your mental health?

"I will talk to friends."

"Think positively and surround myself with positive people who push me to be a better person."

"Talk it out."

"Not procrastinating and taking time to focus on me and my health."

"Turn to counselor."

"Be healthier physically, pay more attention to my stress level and take more time for myself."

"Make a schedule and balance my time. Don't worry about unnecessary things!"

"Relax."

"Exercise, breathing, talking to close people."

"I feel good about my mental health but if i need help i would utilize available resources."

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## Overall Conclusions

**Most survey participants are aware and educated about mental illnesses.**

**All of the participants are aware of the mental health services and resources on campus.**

**All of the participants are taking positive steps towards improving and/or maintaining a positive mental health state.**

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