Mental Health Diagnoses
34.6% reported being diagnosed with a mental health condition at some point in their lives
33.1% undergraduates
37.7% graduate students

Suicidal Thoughts (in the last year)
69.4% Never
21.5% 1-2 times
4.5% 3-4 times
4.6% 5+ times

Most Common Mental Health Diagnoses
27.4% Anxiety
21.0% Depression
8.8% Attention Deficit/Hyperactivity Disorder (ADHD)
4.0% Post-Traumatic Stress Disorder (PTSD)
3.4% Obsessive Compulsive Disorder (OCD)
3.2% Eating Disorder
1.8% Bipolar Disorder

In the last year, students received services from
48.1% hometown provider
36.2% CMHC provider
27.1% provider near campus
12.4% another type of provider

Mental Health Service Utilization*
52.8% never received services
31.1% received services in the last year
16.1% received services 12+ months ago
26.9% undergraduates
39.4% graduate students
15.1% undergraduates
17.7% graduate students
57.9% undergraduates
42.9% graduate students

Likelihood of Future Help-seeking
82.2% indicated that they would consider seeking help from a mental health professional in the future for a personal problem that was really bothering them

Data source is 2021 American College Health Association’s National College Health Assessment (ACHA-NCHA III).
FIELD DATES: OCTOBER 24-NOVEMBER 21, 2021. Total of 682 respondents for a web survey among University of Texas at Austin students. Note: Graduate student category includes graduate and professional students.