Mental Health Utilization

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Mental Health Concept Vector Illustration - Brain and Heart World Day Vector - id1252800461
Youth views

ABOUT MENTAL HEALTH DURING COVID-19.
More students seeking mental health support

Number of students who accessed treatment during the year

Source: FOI responses from 82 of 163 universities by the BBC Shared Data Unit
Younger Adults are More Likely to Report Symptoms of Anxiety and/or Depressive Disorder During the COVID-19 Pandemic

- Ages 18-24: 56.2%
- Ages 25-49: 48.9%
- Ages 50-64: 39.1%
- Ages 65+: 29.3%
87% of American adults agreed that having a mental health disorder is nothing to be ashamed of.

86% of American adults said they believe that people with mental health disorders can get better.
Chicago Connects
A tool to help find behavioral health and social service resources in Chicago

- FIND HELP

- KNOW THE SIGNS OF EMOTIONAL DISTRESS

- TALK TO SOMEONE

TRILOGY
Mental Wellbeing
Special thanks to all the people who made and released these awesome resources for free:


✗ Social Media Discussions Predict Mental Health Consultations on College Campuses 7 January 2022 | Scientific Reports, Vol. 12, No. 1

