Mental health in the context of Covid-19

Healthy Minds Spring 2021: 41% of students screened positive for depression and 34% for anxiety

On trend, steady increase in rates since 2007

What's different: Students started this fall semester burned out, anxious and depressed

Increased loneliness and isolation, academic stressors

Concerns about motivation and concentration, lingering concerns about Covid-19 safety
Uncertainty impacts academics and emotional wellbeing

Also, expectation that things will be “back to normal” and that students should be satisfied with being back on campus
Underrepresented student groups disproportionately affected

• Heavier burden for students of color, student parents, student caregivers, LGBTQ+ students, students with disabilities, first generation students
• Effects of financial hardship, food insecurity, housing difficulties
• Loss of childcare and/or healthcare
• May have to work full time in addition to school
• Grief and loss
• Combined trauma of global pandemic, racial injustice and economic hardship
Reflection questions

How has and how is the pandemic influencing your college experience?

How has the pandemic impacted your mental health? How does it continue to do so?

How can we stay motivated in times of uncertainty?

What is something you’ve learned about yourself during this pandemic?