

A Focus on Well-Being Boosts Student Retention and Success

Institutions are struggling to provide students with comprehensive mental health support, and academic performance, retention, and completion suffer as a result. A system-wide approach to mental health education can help reduce stigma, encourage help seeking, and ultimately boost student outcomes.

Stress, Anxiety and Depression Negatively Impact Academic Performance

In a recent study, students were asked: "what affected your individual academic performance within the last 12 months"?



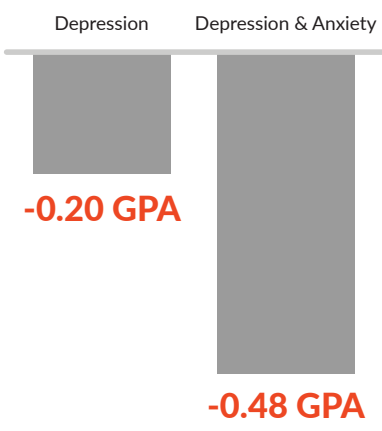
Academic performance defined as: receiving a lower grade on an exam or important project, received a lower grade in a course, received an incomplete or dropped the course, or experienced a significant disruption in thesis, research or practicum work. students could select multiple responses.

Mental Health Challenges Negatively Impact Academic Performance

Mild to severe depression leads to an average -0.20 change in GPA the semester of onset, and if there is co-occurring anxiety, that figure becomes -0.48.¹

Students with mental health challenges are **TWICE AS LIKELY** to leave without graduating.³

Among students with low GPAs, **25%** of those with a mental health problem dropped out, compared to **10%** of those who did not.⁴



50%

of students have felt overwhelming anxiety, making it hard to succeed academically

Invervention Benefits Students and Institutions

Generate Higher Earnings: Institutional investments in student mental health are likely to generate higher earnings for students who attain a college degree.⁶

Save Millions in Tuition Revenue: A population-level prevention program for 10,000 undergraduates could retain more than 300 students, representing as much as \$31 million in revenue.⁷



300

retained students from 10,000 undergraduates can equal as much as

\$31M

in revenue

Schools Are Responding By Staffing Counseling Centers...But Is That Enough?

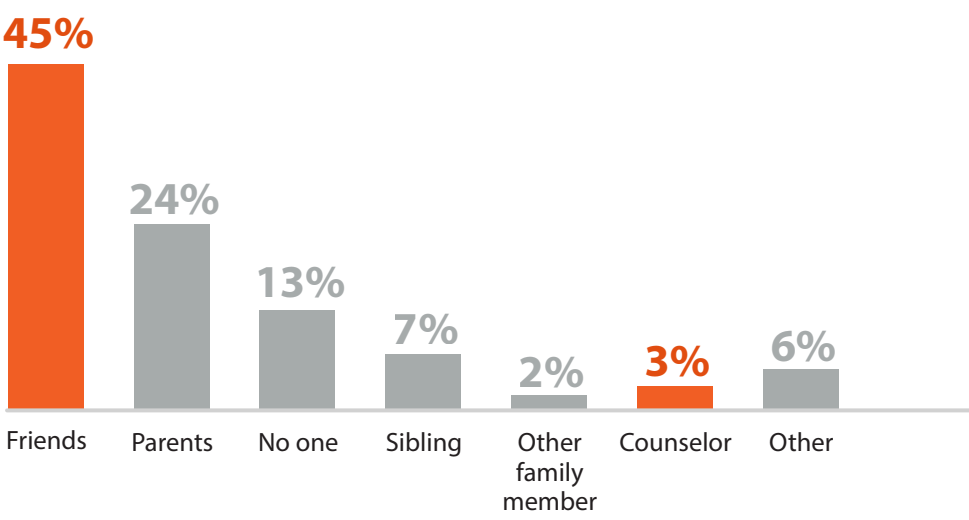
When asked what they would do with unlimited funds, nearly **6 in 10** college presidents said they would "hire additional staff – mostly in the counseling center."⁸

However only **3%** of incoming college students are most likely to talk to a counselor when experiencing stress or emotional challenges, while **45%** would most likely turn to their friends for help and support.⁹

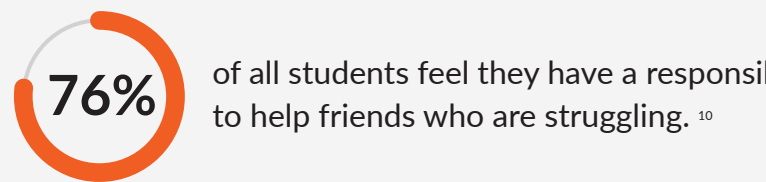
"Awareness of student mental-health challenges is growing, but it's important to understand that this problem can't be solved by counseling services alone. Schools need a system-wide approach."

Victor Schwartz,
Chief Medical Officer, JED

Who are students talking to?



Students Want to Help Each Other, But May Not Know How



"Knowing that a friend is struggling with their mental health can be scary and confusing. Students may feel helpless, but they can make a difference by listening, being prepared, and knowing when to act."

Laura Horne,
Chief Program Officer at Active Minds

Empower Them to Help Each Other and Themselves

Mental Well-being for Students was co-developed with the JED Foundation to support the mental health and well-being of all students. The 45-minute online course helps students practice self-care strategies, recognize when they or their peers are in distress, and understand when to take action or find additional support.

Visit everfi.com/mentalwellbeing to learn more about the course and associated data insights about the mental health and well-being of your students.

LEARN MORE

1

Eisenberg, Daniel, Ezra Golberstein, and Justin B. Hunt. 2009. "Mental Health and Academic Success in College." The B.E. Journal of Economic Analysis & Policy 9 (1): Article 40

2

Healthy Minds Study, 2018

3

Arria, AM, Caldeira, KM, Vincent, KB, Winick, ER, Baron, RA, & O'Grady, K. (2013). Discontinuous College Enrollment: Associations with Substance Use and Mental Health. Psychiatric Services, 64(2), 165–172. Available at: <https://ps.psychiatryonline.org/doi/full/10.1176/appi.ps.201200106>

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Mental Health Challenges Negatively Impact Academic Performance: American College Health Association. (2015). National College Health Assessment II: Spring 2015 reference group executive summary. Hanover, MD: Author. Retrieved from http://www.acha-ncha.org/reports_ACHA-NCHAII.html

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Lipson, Abelson, Ceglarek, Phillips, & Eisenberg (2019). Investing in Student Mental Health: Opportunities and Benefits for College Leadership.American Council on Education. Available at: <https://www.acenet.edu/news-room/Documents/Investing-in-Student-Mental-Health.pdf>

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Chessman, H., & Taylor, M. (2019, August 12). College Student Mental Health and Well-Being: A Survey of Presidents. Retrieved from <https://www.higheredtoday.org/2019/08/12/college-student-mental-health-well-survey-college-presidents/>

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EVERFI Survey, Supplemental Question Set, 2019

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i-gen, Dr. Jean Twenge; Healthy Minds Network; National Center for Education Statistics