

Hispanic/Latinx Students' Mental Health Brief

Mental health outcomes of Hispanic/Latinx students at UA campus



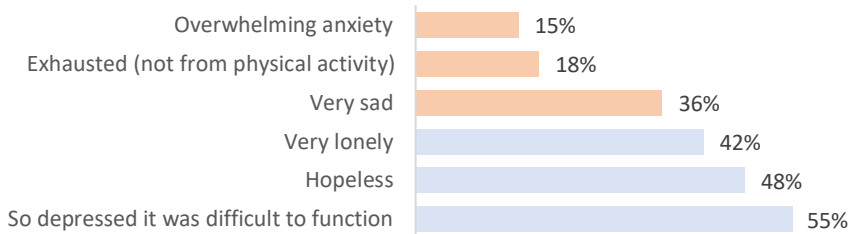
CAMPUS HEALTH
COUNSELING & PSYCH SERVICES

Key Insights:

- ✓ Anxiety/Panic and depression are some of the top concerns of Hispanic/Latinx students on UA campus.
- ✓ Mental health concerns interfere with students' performance and retention at UA.
- ✓ CAPS visits have helped students with high distress and low hope levels.
- ✓ Increasing number of students have utilized embedded counselor services through the Guerrero center.



Select mental health symptoms reported by Hispanic/Latinx students in the past twelve months:



Data Source: 2022, Health and Wellness Survey, Campus Health Service (n=1403)

There was a **87% decrease** in high distress levels reported by students from their **initial** to **latest** visit at CAPS.



There was a **72% increase** in moderate-high hope levels reported by students from their **initial** to **latest** visit at CAPS.

Data Source: 2022 CAPS Satisfaction Survey (Hispanic/Latinx students, n= 72)

Embedded Counselor Visits:

During the academic year 2022-2023, there were **219 total visits** to the embedded counselor by Hispanic/Latinx students.

From these 166 visits, there were total **46 unique student visits**.

Top 5 Mental Health concerns reported by Hispanic/Latinx students:

Anxiety/Panic, **65%**

Depression, **39%**

Academic concerns, **31%**

Difficult transition, **24%**

Family difficulties, **21%**



75% of students **agreed** that these concerns impacted their **academic performance**

39% of students **agreed** that these concerns affected their **decision to stay at UA**

Data Source: 2022 CAPS Satisfaction Survey (Hispanic/Latinx students, n= 72)



89% Of students reported that their counselor was **sensitive to cultural diversity** (n= 62)

(e.g., disability, gender, race/ethnicity, religion/spirituality, sexual orientation, social class, etc.)

86% of students reported that **visiting CAPS** counselors have **improved the mental health concerns they came in with** (n= 71)

*"I go through a lot and to be able to **have consistent support at the university**, it genuinely helps me a lot..."*

*"My counselor boosted **my confidence**, validated **my feelings**, supported me when I needed it and listened to me."*