



# Mental Health Survey 2025

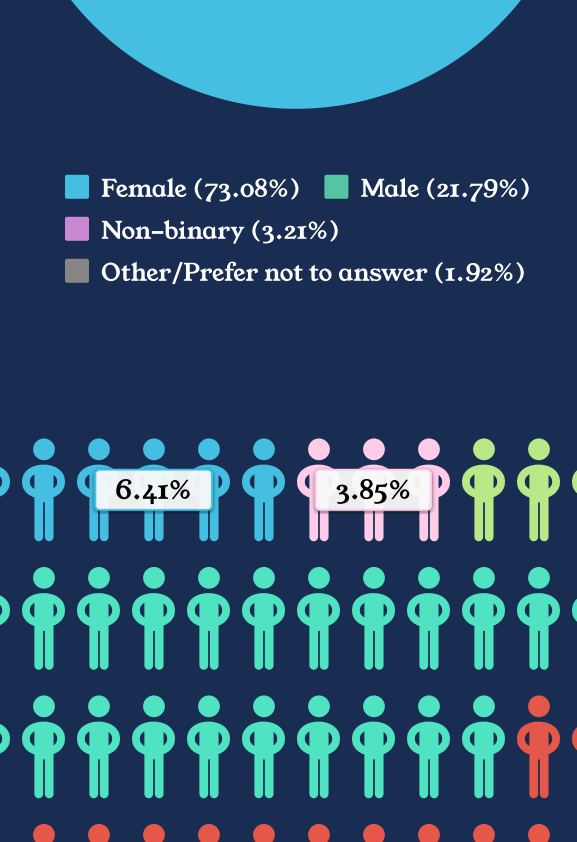
Because mental health affects us all, a survey was conducted this fall to learn more about students' well-being and their awareness of available campus resources. These insights will be used to guide planning and help strengthen the support services students rely on.

Comparisons to the fall 2023 BCC Mental Health Survey are demonstrated where available.

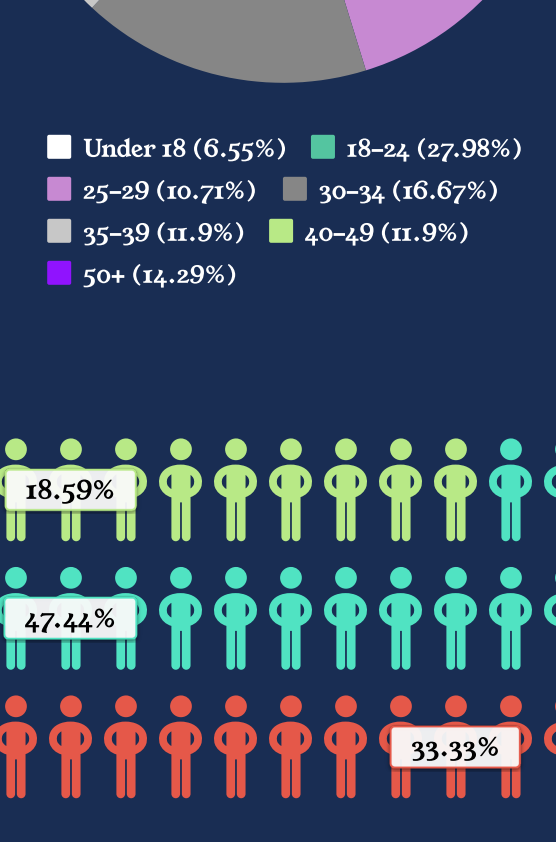
## 168 Survey Respondents

This is an increase of 121% (92 responses) over the previous BCC Mental Health Survey conducted in fall 2023.

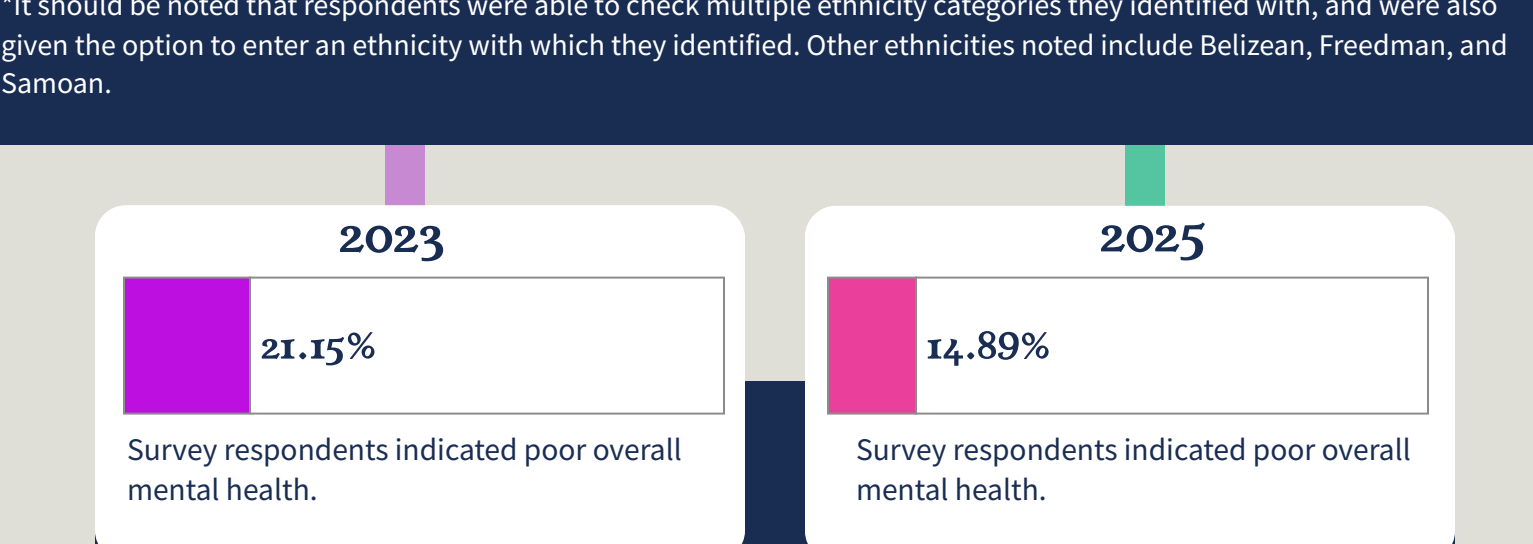
### Gender



### Age Group



### Ethnicity



\*It should be noted that respondents were able to check multiple ethnicity categories they identified with, and were also given the option to enter an ethnicity with which they identified. Other ethnicities noted include Bellzean, Freedman, and Samoan.

2023

21.15%

Survey respondents indicated poor overall mental health.

2025

14.89%

Survey respondents indicated poor overall mental health.

The percent of respondents indicating poor mental health has decreased by approximately 6 percentage points when compared to the previous survey administered in the fall 2023 term.

76.3% of respondents indicated being overwhelmed by stress (personal or school related)\*

81.8% in fall 2023\*\*

70.4% of respondents indicated that they have experienced anxiety or being overly worried\*

76.4% in fall 2023\*\*

64.4% of respondents indicated they experienced depression\*

70.9% in fall 2023\*\*

\*Fall 2025: Over the past 6 months  
\*\*Fall 2023: Over the past 12 months

50.4% of respondents indicated experiencing grief (sense of loss)\*

45.4% in fall 2023\*\*

42.2% of respondents indicated experiencing anger (easily irritable, sense of rage)\*

51.0% in fall 2023\*\*

11.9% of respondents indicated experiencing addiction (drugs, alcohol, gambling, shopping, etc.)\*

14.6% in fall 2023\*\*

\*Fall 2025: Over the past 6 months  
\*\*Fall 2023: Over the past 12 months

28.9% of respondents indicated experiencing an eating disorder (including emotional overeating)\*

29.1% in fall 2023\*\*

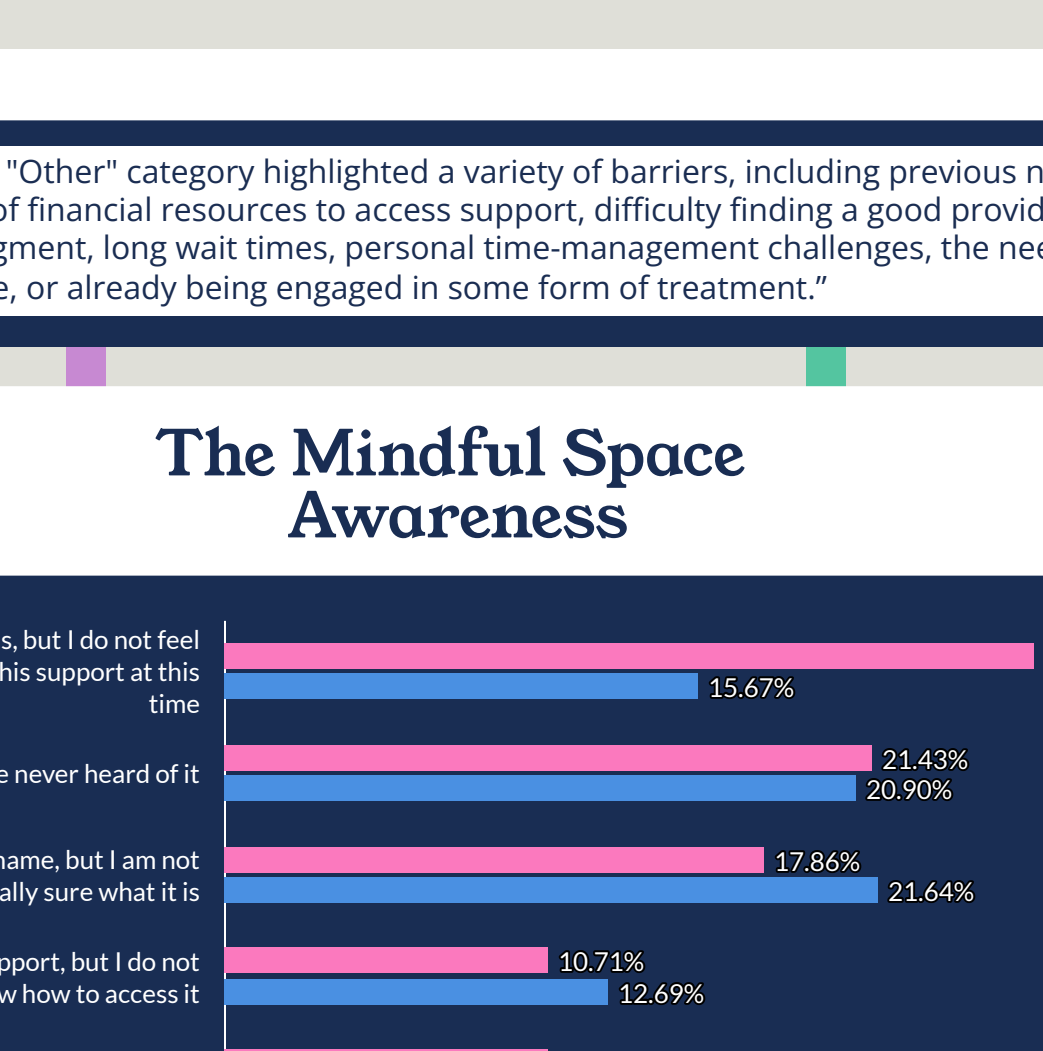
40% of respondents indicated having seen a licensed mental health counselor in the past 6 months

72.4% of respondents indicated they would benefit from seeing a licensed mental health counselor.

58.2% in fall 2023

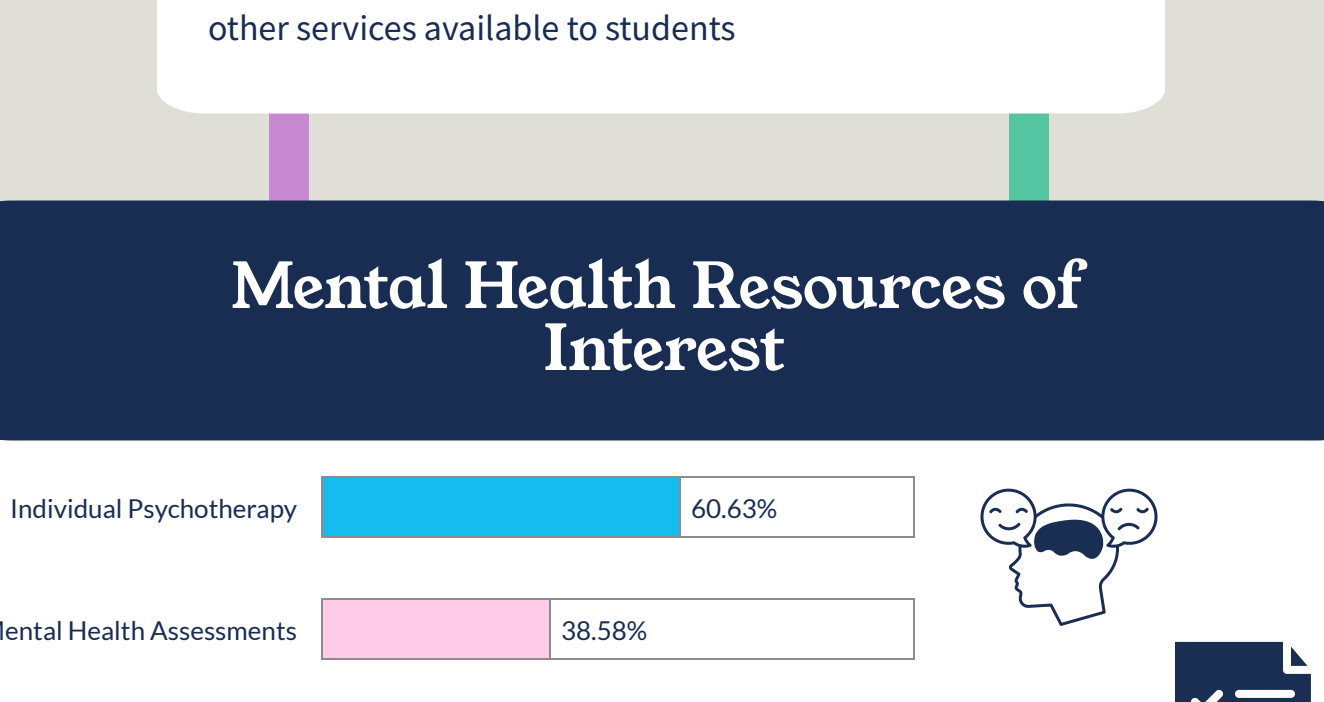
16.2% of respondents indicated they would benefit from seeing an addiction counselor.

## What factors, if any, have prevented you from seeking mental health support? (check all that apply)



\*Responses in the "Other" category highlighted a variety of barriers, including previous negative experiences, lack of financial resources to access support, difficulty finding a good provider match, fear of judgment, long wait times, personal time-management challenges, the need for a higher level of care, or already being engaged in some form of treatment.\*

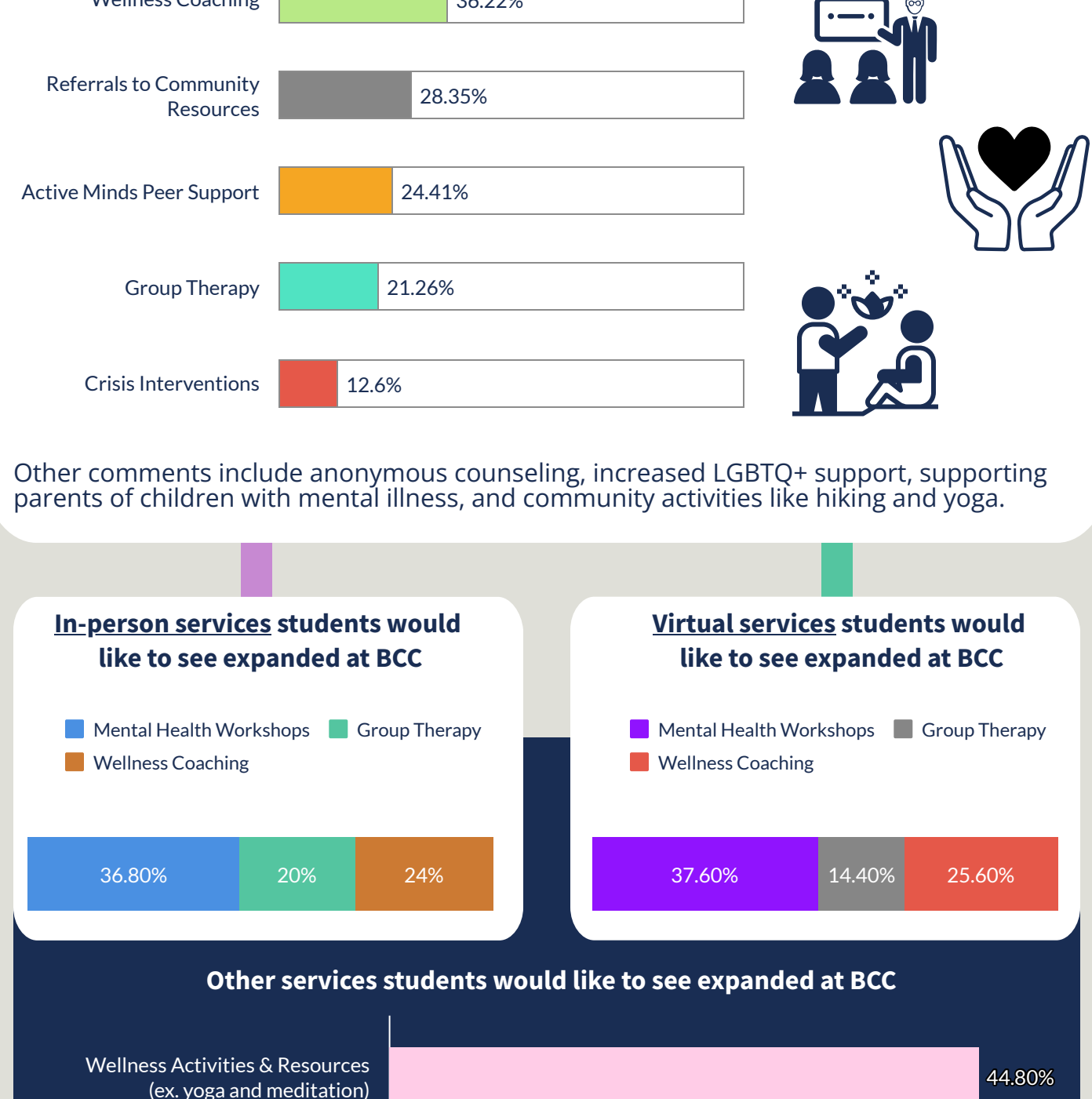
## The Mindful Space Awareness



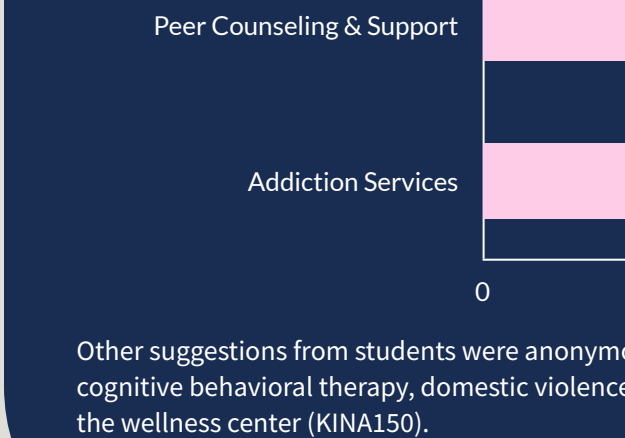
Additional comments included not having time to utilize this resource or being embarrassed to utilize this resource.

47.8% of respondents indicated awareness of The Mindful Space's partnership with BetterMynd for free online therapy and other services available to students

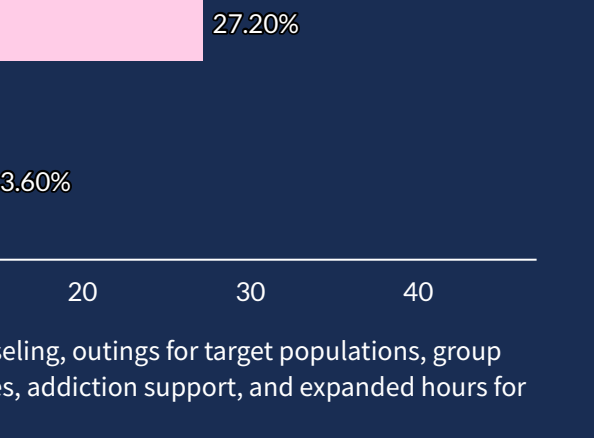
## Mental Health Resources of Interest



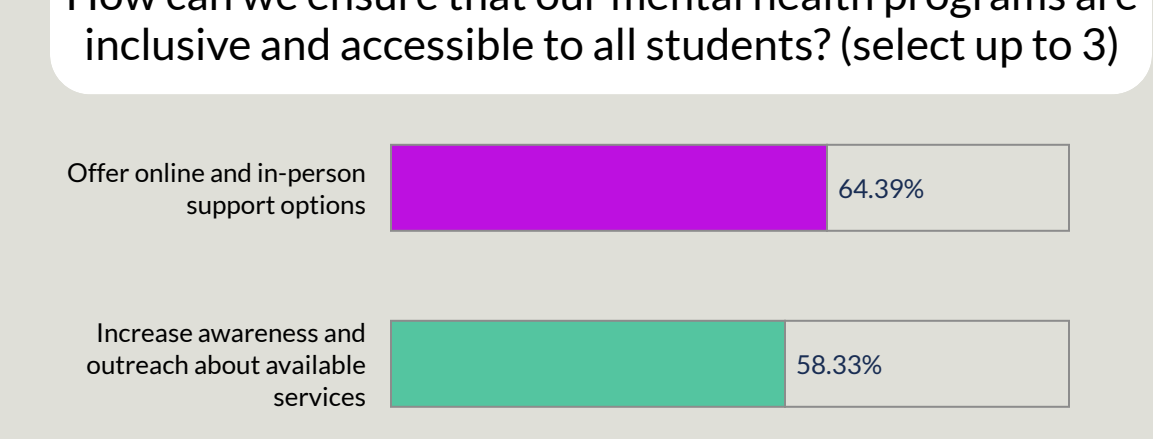
### In-person services students would like to see expanded at BCC



### Virtual services students would like to see expanded at BCC

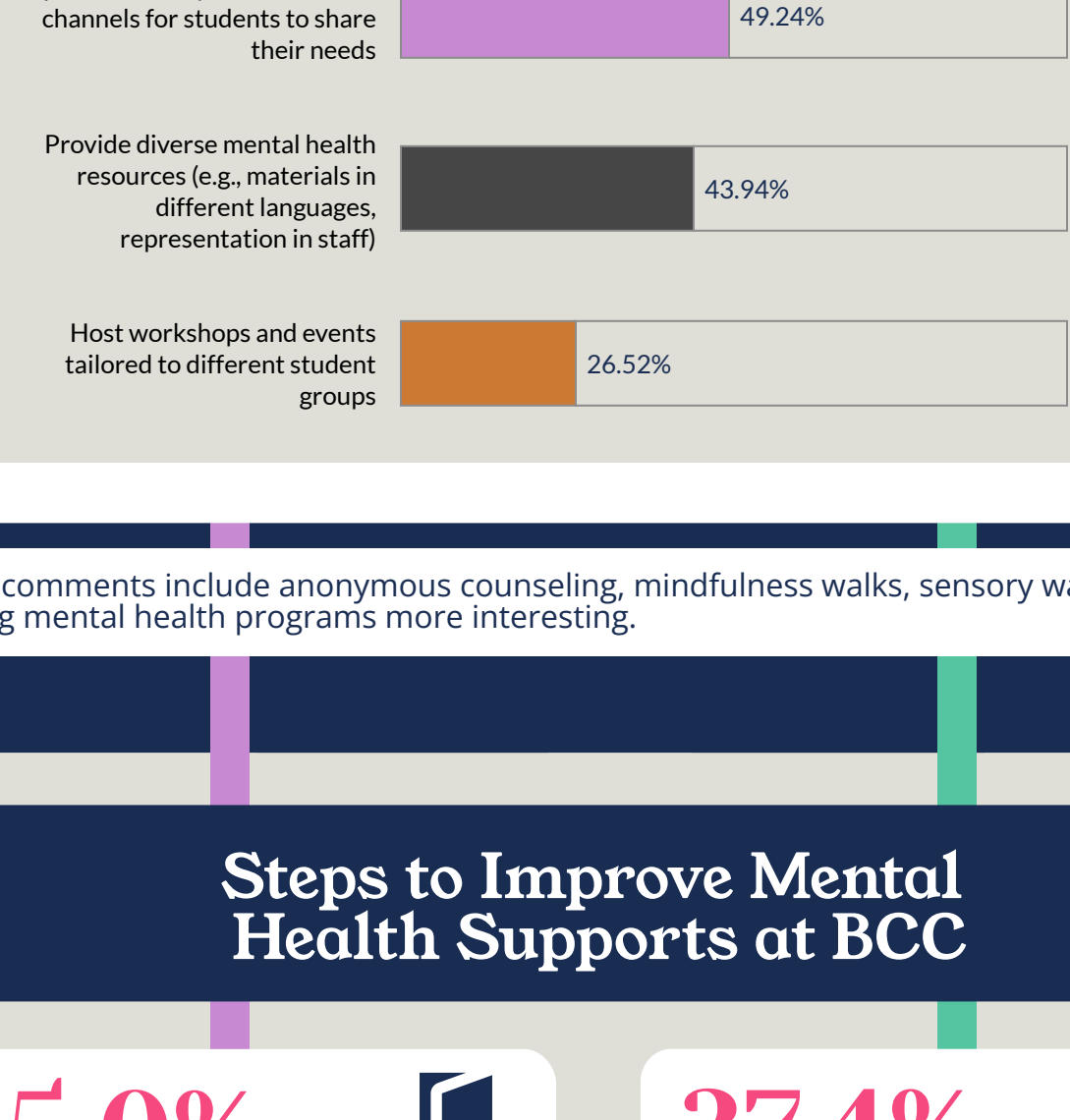


### Other services students would like to see expanded at BCC



Other suggestions from students were anonymous counseling, outings for target populations, group cognitive behavioral therapy, domestic violence resources, addiction support, and expanded hours for the wellness center (KINA150).

## How can we ensure that our mental health programs are inclusive and accessible to all students? (select up to 3)



Other comments include anonymous counseling, mindfulness walks, sensory walks, and making mental health programs more interesting.

## Steps to Improve Mental Health Supports at BCC

55.0% of respondents indicated that enhancing access to resources (e.g., online therapy, hotlines) would be helpful

37.4% of respondents indicated that establishing peer support programs would be helpful

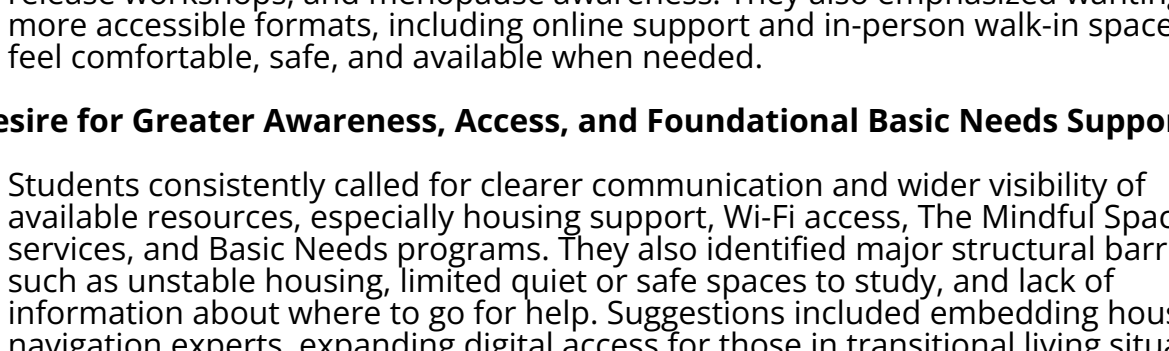
35.1% of respondents indicated that improving training for faculty and staff on mental health issues would be helpful

34.4% of respondents indicated that hiring more mental health professionals would be helpful

29.0% of respondents indicated that creating a dedicated mental health awareness campaign would be helpful

Other suggestions included anonymous counseling, enhanced resources such as sound baths, meditation, yoga, events for parents they can bring their children to, more places to buy food, and gaining more awareness before denying a service.

## Preferred Communication



Other suggestions included newspaper, text, and video calls.

## Feedback and Suggestions Summary

### Strong Appreciation for Existing Support and Resources

- Many students expressed that BCC is doing a great job supporting students and the community. Several students highlighted positive experiences with Basic Needs services, The Mindful Space, and overall institutional care.

### Need for Expanded Mental Health, Wellness, and Emotional Support Options

- Students suggested additional wellness offerings such as group therapy, emotional-release workshops, and menopause awareness. They also emphasized wanting more accessible formats, including online support and in-person walk-in spaces that feel comfortable, safe, and available when needed.

### Desire for Greater Awareness, Access, and Foundational Basic Needs Support

- Students consistently called for clearer communication and wider visibility of available resources, especially housing support, Wi-Fi access, The Mindful Space services, and Basic Needs programs. They also identified major structural barriers such as unstable housing, limited quiet or safe spaces to study, and lack of information about where to go for help. Suggestions included embedding housing navigation experts, expanding digital access for those in transitional living situations, and creating safe parking options for those living in their vehicles.

Source:



Mental Health Survey 2025  
Office of Institutional Research