

# How do Ohlone students feel about mental health?



Results of Ohlone College American College Health Association-  
National College Health Assessment (ACHA NCHA);  
Conducted in March 2015 ;Sample Size: 607



**66%**

of students feel that their mental and emotional well-being is a priority

**12%**

of students feel that Ohlone's environment has a negative impact on students' mental and emotional well-being

**51%**

of students feel that Ohlone encourages free and open discussion about mental and emotional health

**Community Resources:**

**Alameda County Crisis Support Hotline:  
1-800-309-2131**

**National Suicide Prevention Lifeline:  
1-800-273-8255**

## Let's make mental health a priority!



**Learn**

Visit us online!  
[www.stepupohlone.org](http://www.stepupohlone.org)



**Call**

Enter the National Suicide Prevention Lifeline in your phone  
1-800-273-TALK (8255)



**Train**

Complete Kognito, an online interactive training module