

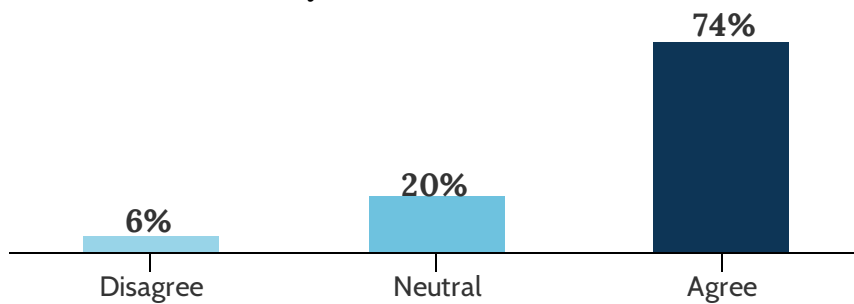


Working to reduce stigma on mental health

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

Would our students seek help for counseling?

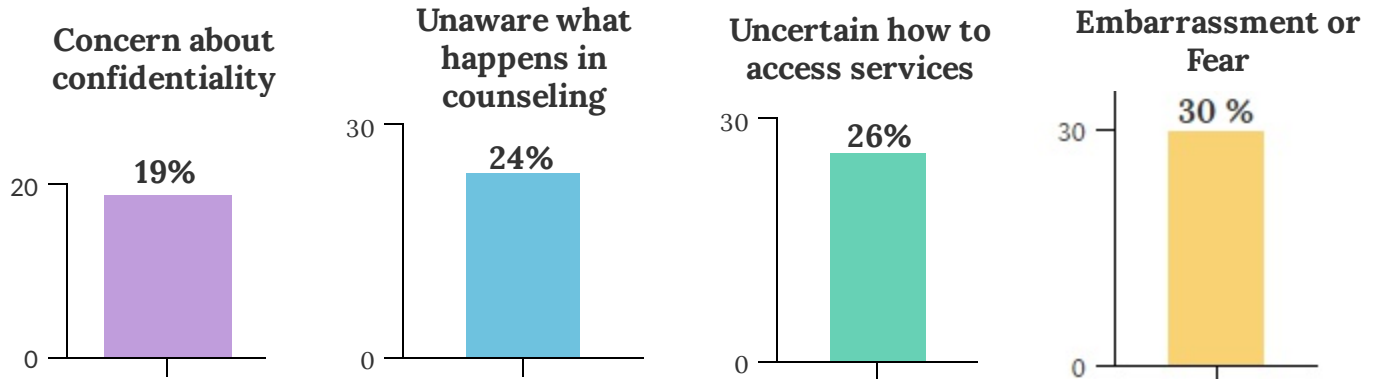
% of students who would go to a healthcare provider if they thought they had a mental illness



74 % of students would seek mental health services if needed

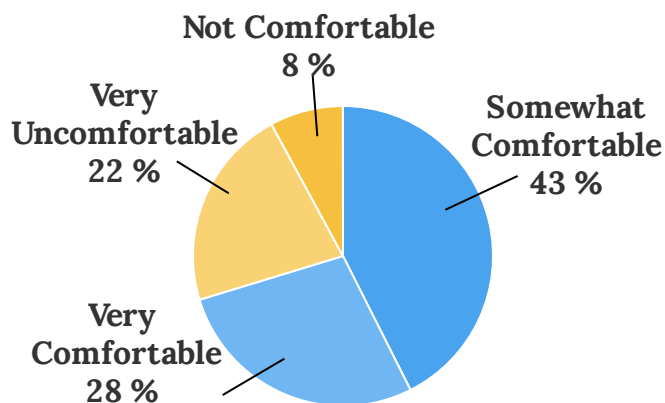
What is stopping students to seek help for counseling?

If you needed help dealing with a significant personal problem, what would likely stop you from getting help from a mental health professional?



How comfortable do students feel about referring their peers to counseling?

If you have a friend who is struggling with emotional or mental health problems, how comfortable would you feel in suggesting that your friend seek personal counseling?



71% of students felt comfortable suggesting their friends to seek personal counseling

