

Student Psychological Wellbeing: Asian Pacific Islander (API) Students at Ohlone College

Source: 2015 American College Health Association - National College Health Assessment (ACHA-NCHA)
Sample Size = 218

Students' Emotional State in the Past 12 Months

A large number of API students reported feeling overwhelmed from various emotional states.



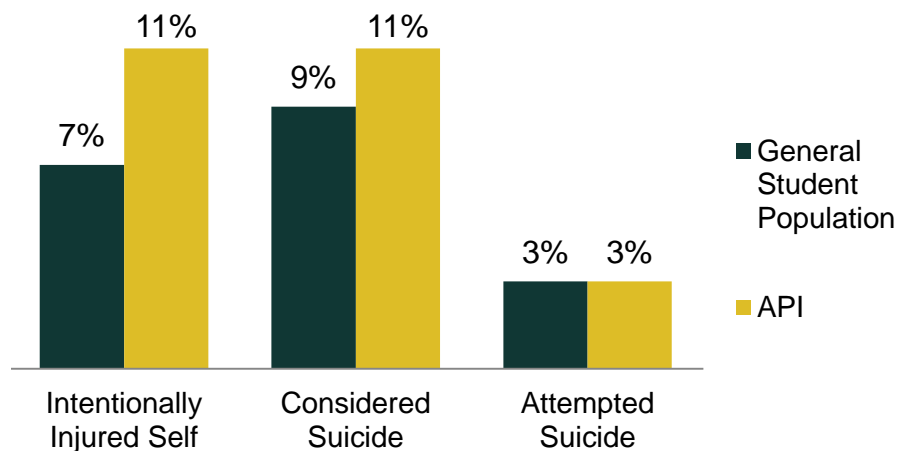
- 70% Overwhelmed
- 67% Exhausted (not from physical activity)
- 52% Lonely
- 53% Sad
- 46% Hopeless
- 44% Anxious
- 42% Angry
- 36% Depressed

Self-Harming Behaviors in the Past 12 Months

Approximately

1 in 10

API students have considered suicide within the past 12 months.



Resources for Support:



For more information,
contact us at:

(510) 659-6258
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www.stepupohlone.org

