

The state of collegiate mental health in 2025.



84%

of higher education faculty report high job satisfaction, an all-time high.¹

Yet an ongoing mental health struggle exists...

61%

of college professors are struggling with mental health.²

64%

of higher education faculty are feeling burned out.³

58%

of college faculty say their job has taken a mental and emotional toll on them.⁴



Campus mental health concerns.

The tensions in higher education come from multiple places, some on campus, others outside education's control.

Mental health is a challenge for faculty and students alike:



80%

of students are struggling emotionally and/or mentally.

83%

of college faculty agree that student mental health is worse than it was when they started their careers.

72%

have had a one-on-one talk with a student about mental health.

The impact?



47%

of college faculty agree that supporting students with mental health is taking a toll on their own mental health and well-being.⁸

Broader educational landscape changes.

A number of outside factors are changing education on campus:



An increasing number of states are beginning to **limit tenure protections**.⁹



32% of people have very little or no confidence in higher education – a new low.¹⁰



Undergrad enrollment has decreased **8.5% since 2010** and is forecasted to continue declining.¹¹

What can be done about it?

You can't control the many external factors impacting mental health in higher education. But you can take steps to promote mental wellness on your campus.



Cultivate an atmosphere of mental wellness:

Push for realistic expectations, host mental wellness-boosting activities on campus, and promote short breaks during the day.



Help destigmatize mental health:

Encourage open discussions around mental health, set a good example for others, foster positivity in the classroom, and provide staff with Mental Health First Aid training.



Establish support with the right solution:

Match your institution with a tried-and-true virtual care solution that can provide professional help, at scale.

Ready to take the first step to help transform your campus's mental health?

Download our free report, [“Demystifying mental health: Improving mental wellness in higher education”](#) and unlock:

- + Actionable strategies to foster mental wellness.
- + Practical tips to implement immediately on your campus.
- + Expert insights from Dr. Eric Weil, Chief Medical Officer, MD Live by Evernorth.



Download the report today.

Don't wait – empower your faculty now!

1. <https://www.cengagegroup.com/news/press-releases/2023/cengage-second-faces-of-faculty-report/>
2. <https://johnwiley2020news.q4web.com/press-releases/press-release-details/2024/College-Instructors-Feeling-the-Strain-of-Mental-Health-Crisis/default.aspx>
3. <https://www.apa.org/monitor/2024/01/trends-higher-education-challenges>
4. <https://www.apa.org/ed/precollege/psychology-teacher-network/introductory-psychology/faculty-burnout-survey>
5. <https://www.wiley.com/en-us/network/trending-stories/the-student-mental-health-landscape>
6. <https://www.higheredtoday.org/2024/10/28/new-report-sheds-light-on-college-faculty-and-staff-mental-health/>
7. <https://www.apa.org/ed/precollege/psychology-teacher-network/introductory-psychology/faculty-burnout-survey>
8. <https://www.apa.org/ed/precollege/psychology-teacher-network/introductory-psychology/faculty-burnout-survey>
9. <https://www.nea.org/resource-library/teacher-tenure-due-process-protections-educators>
10. <https://www.gallup.com/poll/646880/confidence-higher-education-closely-divided.aspx>
11. <https://www.collegetransitions.com/blog/college-enrollment-decline/>