

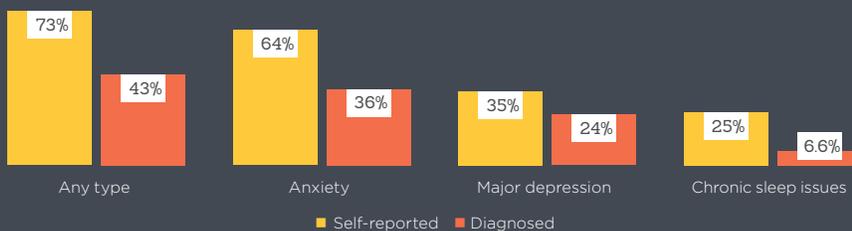
At a Glance:

2021 MACHB Key Findings: Mental Health, Well-being, and Interpersonal Violence

Below are key findings from the 2021 Missouri Assessment of College Health Behaviors (MACHB) survey. This survey was implemented online at 24 institutions of higher education in the state.

Mental Health

Mental Health Concerns*



Assistance Seeking

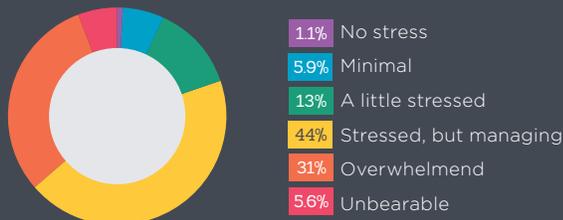
66% sought assistance for their experienced/diagnosed mental health concern(s)

33% did not seek assistance

1.1% prefer not to respond

Stress and Suicidality

Stress**



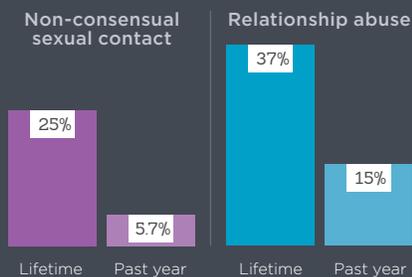
Suicidality*



38% of students above sought help for suicidal thoughts/attempts

Interpersonal Violence and Safety

Interpersonal Violence



Safety*



*In the past year. **In the past two weeks.

The survey was implemented at 24 public/private Universities/Colleges in Spring 2021 with a 18% response rate (N=10,154).

For more information please visit mopip.org/research.html

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