

THE PRINCETON REVIEW®

2024 CAMPUS MENTAL HEALTH SURVEY REPORT

ABOUT THE SURVEY

Commissioned by the Ruderman Family Foundation, The Princeton Review conducted this two-part survey from the Fall of 2023 through Spring 2024. The first reached out to administrators at nearly 2,000 colleges nationwide that the education services company annually surveys about their institutional data, academics, campus services and other offerings. On that annual survey, 52 questions were added about the institution's mental health and wellness services for students. Administrators from nearly 250 colleges completed that section of the survey. The second component gathered opinion from students at colleges and institutions participating in The Princeton Review's annual college student survey. On this survey, which asks students to rate their schools on dozens of topics and report on their campus experiences at them, four questions were added about the students' awareness of their school's mental health and wellness services. Findings reflect opinions of students from more than 200 colleges.

This report presents selected findings of the administrator and student surveys.

THE SURVEYS WERE CONDUCTED WITH SUPPORT FROM THE RUDERMAN FAMILY FOUNDATION TO PROMOTE MENTAL HEALTH RESOURCES—AND STUDENT AWARENESS OF THEM—ON COLLEGE CAMPUSES.





About the Survey: 2024 Campus Mental Health Survey

The Princeton Review conducted the 2024 Campus Mental Health Survey this survey—the company’s first annual survey of colleges’ mental health offerings—from the Fall of 2023 through Spring 2024. The 52-question survey was sent to administrators at nearly 2,000 institutions. They included colleges The Princeton Review profiles in its book *The Best 390 Colleges: 2025 Edition* (August 27, 2024), colleges featured in the company’s website designation *Best Regional Colleges for 2025*, and colleges who annually report data to The Princeton Review to be featured on their website and [college search tool](#). The Princeton Review conducted this survey with support from the Ruderman Family Foundation.

Administrators from nearly 250 colleges completed the full survey which had a response rate of 13%: 58% of the respondents were from private colleges and 42% were from public colleges.

By region:

28% are in the Northeast (CT, ME, MA, NH, NJ, NY, RI, VT)
25% are in the Midwest (IL, IN, IA, KS, MI, MN, MO, NE, ND, OH, SD, WI)
14% are in the Mid-Atlantic (DE, DC, MD, PA, VA, WV)
14% are in the South (AL, AR, FL, GA, KY, LA, MS, NC, SC, TN)
11% are in the West (AK, CA, HI, ID, MT, NV, OR, UT, WA, WY)
07% are in the Southwest (AZ, CO, NM, OK, TX)
01% are International

The states with the most respondents represented were (top 5):

New York (31 schools reporting)
Pennsylvania (20 schools reporting)
Massachusetts (16 schools reporting)
Ohio (14 schools reporting)
California (12 schools reporting)

About The Princeton Review

[The Princeton Review](#) is a leading tutoring, test prep, and college admissions services company. Every year, it helps millions of college- and graduate school-bound students as well as working professionals achieve their education and career goals through its many education services and products. These include online and in-person courses delivered by a network of more than 4,000 teachers and tutors; online resources; more than 150 print and digital books published by Penguin Random House; and dozens of categories of school rankings. Founded in 1981, The Princeton Review is now in its 43rd year. The company’s [Tutor.com](#) brand, now in its 24th year, is one of the largest online tutoring services in the U.S. It comprises a community of thousands of tutors who have delivered more than 27 million tutoring sessions. The Princeton Review is headquartered in New York, NY. The Princeton Review is not affiliated with Princeton University. For more information, visit [PrincetonReview.com](#) and the company’s [Media Center](#). Follow the company on X (formerly Twitter) [@ThePrincetonRev](#) and Instagram [@theprincetonreview](#).

About the Ruderman Family Foundation

The Ruderman Family Foundation is an internationally recognized organization that works to end the stigma associated with mental health. The Foundation does this by identifying gaps in mental health resources and programs in the high school and higher education communities as well as by organizing other local and national programs and initiatives that raise awareness of the stigma. The Ruderman Family Foundation believes that inclusion and understanding of all people is essential to a fair and flourishing community and promotes these values in its funding. For more information, visit www.rudermanfoundation.org.

CONTACTS

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Select School Survey Findings

A selection of the survey's 52 questions, answer choices, and percentages of respondents choosing each answer are shown below by respondents overall. Answers chosen by the highest percentage of respondents are underlined. The fields represented below include the criteria for The Princeton Review's 2025 Mental Health Services Honor Roll. The 16 schools chosen for the Mental Health Services Honor Roll reported in its offerings the criteria deemed most important by the Campus Mental Health Advisory Board. Please see more information at the end of this data summary.

- 1) Education & Training. Please report on the types of training available for students and faculty/staff including: Question, Persuade, Refer (QPR); Applied Suicide Intervention Skills Training (ASIST); SafeTALK; Mental Health First Aid; Talk Saves Lives.**



87% of schools reported offering at least one of the education trainings above
13% of schools reported offering no education and training opportunities

- 2) Institution has a Chief Behavioral Health Officer (and/or Chief Wellness Officer) tasked by the administration to advise on and implement policies and programs related to mental health on campus.**



65% of schools reported having this role on their campus
35% of schools reported having no such role on their campus

- 3) Engaging the Whole Campus. Clinicians are trained to provide care to these specific groups:**

Racial/ethnic minority students



80% of schools reported having this offering
20% of schools reported having no such offering

Students who are veterans



59% of schools reported having this offering
41% of schools reported having no such offering

LGBTQIA+ students

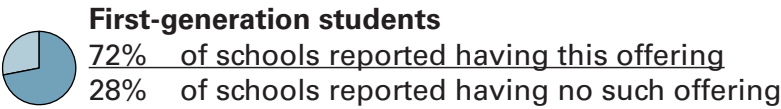
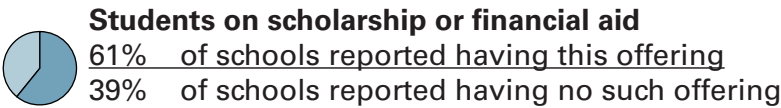
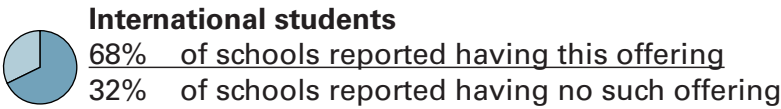


81% of schools reported having this offering
19% of schools reported having no such offering

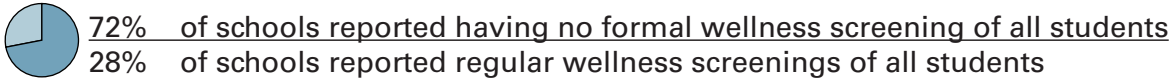
Student-athletes



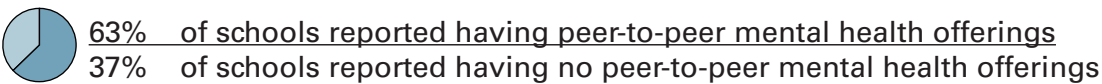
72% of schools reported having this offering
28% of schools reported having no such offering



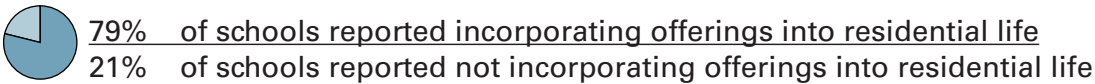
4) How often is a wellness screening and assessment of all students conducted?



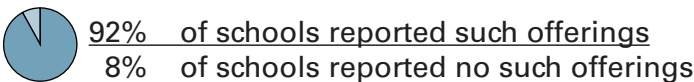
5) Institution has peer-to-peer offerings relating to mental health



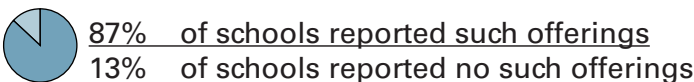
6) Institution incorporates mental health and wellness into the residential experience



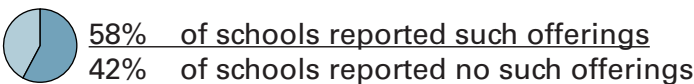
7) Institution has a mental health/wellness program that makes counseling, referral, and well-being services available to all students



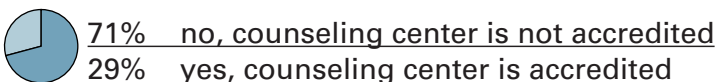
8) Institution has a website that consolidates information about the institution's mental health offerings/efforts



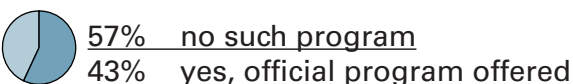
9) School offers either for-credit or non-credit mental health/well-being education for students



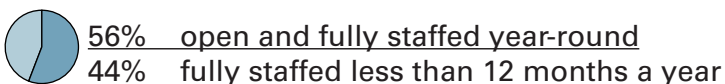
10) Institution's counseling center is accredited



11) School has an official support program in place for students returning from mental health leave of absence



12) Counseling center open and fully staffed year-round



Select Student Survey Findings

Below are the overall responses to select questions from The Princeton Review's latest annual [undergraduate student survey](#). For the 2023–24 collection cycle four questions relating to campus mental health were included. The survey overall has more than 80 questions in various categories relating to campus life. Most questions offer an answer choice on a five-point scale: students fill in one of five boxes on a grid with headers varying by topic (e.g., a range from “Very satisfied” to “Very dissatisfied”). The five-point grid—a Likert scale—is the most commonly used measurement for this type of survey research. The answer choices for the questions below were presented as statements with students responding with the following answer choices: *Strongly Disagree, Disagree, Neither Agree nor Disagree, Agree, Strongly Agree*.

1) ***If I needed to seek professional help for my mental or emotional health, I would know where to access my school's resources.***

35% Strongly Agree

43% Agree

Combined Agree 78% (Strongly Agree + Agree)

15% Neither Agree nor Disagree

5% Disagree

2% Strongly Disagree

2) ***My institution prioritizes the mental health of students.***

22% Strongly Agree

39% Agree

Combined Agree 61% (Strongly Agree + Agree)

29% Neither Agree nor Disagree

7% Disagree

3% Strongly Disagree

3) ***I am aware of mental health outreach efforts by my school (such as educational programs, awareness events, anti-stigma campaigns, screening days).***

27% Strongly Agree

44% Agree

Combined Agree 71% (Strongly Agree + Agree)

20% Neither Agree nor Disagree

7% Disagree

2% Strongly Disagree

4) ***Mental health services are readily available on campus.***

29% Strongly Agree

42% Agree

Combined Agree 71% (Strongly Agree + Agree)

21% Neither Agree nor Disagree

6% Disagree

2% Strongly Disagree

Mental Health Services Honor Roll Methodology

This distinction provides a look at 16 institutions that have shown a strong commitment to their students' mental health and well-being. Broadly, these schools display:

1. Overall administrative support for campus mental health and well-being through its policies including commitments to staffing and student support.
2. Students have a campus quality of life that is both healthy and attentive to overall well-being.
3. How well a school is empowering its students to address their own mental health through education programs and peer-to-peer offerings.

The Princeton Review collected data from nearly 250 schools in its 2024 Campus Mental Health Survey. You can find this data on each school's [college profile](#) or through a dedicated Campus Mental Health page [here](#).

How It Works

The Princeton Review assembled a panel of experts in higher education mental health practices to produce a survey for school administrators. The panel then selected key questions for its honor-roll criteria. As with all of the Princeton Review's research, nearly all 4-year colleges and universities are invited to participate early in the year.

The Princeton Review asked all the schools it annually collects data from to answer questions about their efforts to provide (and continually develop) a student experience centering around mental health and wellness. Colleges that did not supply answers to the survey are displayed as "Not Reported" in the Mental Health and Wellness section of their college profile. The schools have an opportunity to update their Campus Mental Health data every year and will have their data posted online upon completion of their reporting.

2024-2025 Campus Mental Health Advisory Board Members:

- **Brett Harris** (Senior Research Scientist, NORC; Clinical Associate Professor, University at Albany School of Public Health; President, New York State Public Health Association)
- **Sarah Ketchen Lipson, PhD, EdM** (Boston University, Associate Professor, Health Law Policy and Management; Principal Investigator, Healthy Minds Network)
- **Nadja Lopez, PhD** (William James College, Executive Director, Center for Behavioral Health, Equity, and Leadership in Schools; Director, Graduate Certificate in Classroom Mental Health Faculty, Children and Families of Adversity and Resilience Concentration; Adjunct Faculty, School Psychology Department)
- **Karen Singleton, PhD** (Massachusetts Institute of Technology, Associate Medical Director and Chief of Mental Health & Counseling Services, MIT Medical)

2025 Mental Health Services Honor Roll Schools

Arizona State University
(Tempe, AZ)

Boston University
(Boston, MA)

Coastal Carolina University
(Conway, SC)

Colorado State University
(Fort Collins, CO)

Columbia University
(New York, NY)

Massachusetts Institute of Technology
(Cambridge, MA)

New York University
(New York, NY)

Princeton University
(Princeton, NJ)

State University of New York—University at Albany
(Albany, NY)

University of Central Florida
(Orlando, FL)

University of North Carolina at Chapel Hill
(Chapel Hill, NC)

University of North Carolina at Greensboro
(Greensboro, NC)

University of North Dakota
(Grand Forks, ND)

University of San Diego
(San Diego, CA)

Weber State University
(Ogden, UT)

William & Mary
(Williamsburg, VA)