

## YouGov Survey Results

Sample Size: 1061 Students (unweighted)

Total	Social grade		Age					Gender		Sexuality					
	ABC1	C2DE	18-24	25-34	35-44	45-54	55+	Male	Female	Straight	Gay	Bisexual	Other	Don't know	Not Straight

Which of the following best describes what kind of student you are?

	Base	1061	394	667	629	270	74	49	39	524	537	770	86	97	26	33	209
Full-time student on postgraduate course	25%	38%	17%	16%	49%	27%	14%	8%	28%	22%	26%	28%	18%	15%	15%	22%	
		B			KMNO	KO*	*	*	Q			*	*	**	*		
Full-time student – second year (on foundation degree or first degree course)	19%	10%	25%	26%	9%	12%	8%	5%	20%	19%	19%	21%	24%	31%	21%	23%	
			A	LMNO		*	*	*				*	*	**	*		
Full-time student – first year (on foundation degree or first degree course)	15%	6%	21%	20%	9%	5%	12%	-	13%	17%	14%	15%	24%	-	30%	17%	
			A	LMO		*	O*	*		P		*	R*	**	R*		
Full-time student – third year (on foundation degree or first degree course)	15%	9%	18%	19%	7%	12%	12%	8%	14%	16%	15%	12%	16%	27%	18%	16%	
			A	L		*	*	*				*	*	**	*		
Part-time student on postgraduate course	9%	19%	2%	1%	13%	26%	29%	49%	7%	10%	9%	9%	6%	8%	3%	8%	
		B			K	KL*	KL*	KLM*				*	*	**	*		
Full-time student – fourth year (on foundation degree or first degree course)	6%	6%	6%	9%	3%	3%	2%	-	8%	5%	7%	5%	4%	12%	6%	5%	
				LO		*	*	*				*	*	**	*		
Part-time student on foundation degree or first degree course	3%	5%	3%	1%	5%	11%	8%	18%	4%	3%	4%	6%	-	-	3%	2%	
		B			K	K*	K*	KL*				T*	*	**	*		
Full-time student – fifth year or longer (on foundation degree or first degree course)	2%	2%	1%	2%	1%	-	-	-	2%	1%	2%	1%	1%	4%	-	1%	
						*	*	*	Q			*	*	**	*		
Something else/another course	6%	5%	6%	5%	5%	4%	14%	13%	5%	7%	6%	3%	7%	4%	3%	5%	
						*	KLM*	KL*				*	*	**	*		
None of these	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
						*	*	*				*	*	**	*		

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Which of these best describes the university or college where you are enrolled?

	Base	1061	394	667	629	270	74	49	39	524	537	770	86	97	26	33	209
University College of higher education	92%	92%	93%	91%	93%	94%	89%	80%	87%	92%	92%	92%	88%	92%	96%	94%	91%
				N	N	*	*	*					*	*	**	*	
College of further education	8%	7%	9%	7%	6%	11%	20%	13%	8%	8%	8%	12%	8%	4%	6%	9%	
						*	KL*	*				*	*	**	*		
Open University	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
						*	*	*				*	*	**	*		
Other	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
						*	*	*				*	*	**	*		
Don't know	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
						*	*	*				*	*	**	*		

Which of these applies to your living arrangements during term time?

	Base	1061	394	667	629	270	74	49	39	524	537	770	86	97	26	33	209
I live at home with my parents/guardian	20%	20%	14%	23%	25%	17%	11%	2%	3%	20%	20%	21%	17%	12%	8%	27%	14%
				A	LMNO	NO	*	*	*			TW	*	*	**	T*	
I live in my own home on my own/with my partner/spouse	25%	25%	42%	15%	5%	37%	70%	82%	97%	21%	28%	26%	24%	20%	19%	12%	22%
				B		K	KL*	KL*	KLMN*		P		*	*	**	*	
I live in university/college accommodation	14%	14%	8%	18%	22%	4%	1%	-	-	15%	13%	13%	10%	26%	15%	21%	18%
				A	LMNO		*	*	*				*	RS*	**	*	
I live in privately rented accommodation on my own/with friends/other students -No fixed accommodation	39%	39%	35%	42%	46%	40%	16%	14%	-	42%	37%	39%	47%	39%	58%	36%	45%
				A	MNO	MNO	O*	O*	*				*	*	**	*	
Prefer not to answer	1%	1%	2%	1%	1%	1%	1%	2%	-	2%	1%	1%	1%	3%	-	-	2%
							*	*	*				*	*	**	*	
Don't know	1%	1%	0%	1%	1%	0%	-	-	-	1%	1%	1%	-	-	-	3%	-
							*	*	*				*	*	**	W*	

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### What is your sexuality?

	Base	1061	394	667	629	270	74	49	39	524	537	770	86	97	26	33	209
Straight	73%	74%	72%	73%	71%	73%	71%	87%	73%	73%	100%	-	-	-	-	-	-
						*	*	KL*			STVW	*	*	**	*		
Gay	8%	9%	8%	7%	12%	14%	6%	-	12%	4%	-	100%	-	-	-	-	41%
					KO	KO*	*	*	Q			RTVW*	*	**	*		RTV
Bisexual	9%	7%	10%	11%	9%	3%	6%	3%	6%	12%	-	-	100%	-	-	-	46%
				M	*	*	*		P			*	RSVW*	**	*		RSV
Other	2%	2%	3%	3%	1%	1%	-	5%	2%	3%	-	-	-	100%	-	-	12%
					*	*	*					*	*	**	*		RSTV
Don't know	3%	3%	3%	4%	2%	3%	-	-	2%	4%	-	-	-	-	-	100%	-
					*	*	*					*	*	**	**	RSTW*	
Prefer not to answer	5%	5%	4%	3%	5%	7%	16%	5%	6%	4%	-	-	-	-	-	-	-
					*	KL*	*					*	*	**	*		

### Have you ever felt a level of stress or anxiety that has interfered with your day-to-day life?

	Base	1061	394	667	629	270	74	49	39	524	537	770	86	97	26	33	209
Yes, I sometimes have to take time and collect my thoughts to calm myself down	28%	26%	29%	27%	30%	24%	22%	36%	24%	32%	29%	22%	26%	35%	24%	25%	
						*	*	*		P		*	*	**	*		
Yes, there are some points where I cannot function in a normal manner due to high levels of anxiety	35%	37%	34%	33%	41%	39%	37%	13%	30%	40%	31%	53%	53%	62%	39%	54%	
				O	KO	O*	O*	*		P		R*	R*	**	*	R	
No, I suffer from stress and anxiety from time to time, but it never interferes with my day	26%	27%	26%	28%	21%	26%	31%	28%	30%	22%	28%	17%	20%	4%	27%	17%	
				L	*	*	*		Q		SW	*	*	**	*		
No, I rarely feel any significant levels of stress or anxiety	9%	9%	9%	10%	6%	9%	8%	23%	13%	5%	11%	6%	2%	-	6%	3%	
				L	*	*	KL*		Q		TW	*	*	**	*		
Prefer not to answer	1%	1%	1%	1%	2%	1%	2%	-	2%	1%	1%	1%	-	-	3%	0%	
					*	*	*					*	*	**	*		
Don't know	1%	0%	1%	1%	0%	-	-	-	1%	1%	1%	-	-	-	-	-	-
					*	*	*					*	*	**	*		

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## How often do you feel lonely?

	Base	1061	394	667	629	270	74	49	39	524	537	770	86	97	26	33	209
Never	4%	6%	3%	4%	1%	8%	16%	10%	6%	3%	5%	3%	1%	-	3%	2%	
		B				L*	KL*	KL*	Q			*	*	**	*		
Rarely	23%	25%	21%	20%	21%	34%	33%	44%	23%	22%	25%	16%	13%	12%	9%	14%	
						KL*	K*	KL*			TVW	*	*	**	*		
From time to time	42%	45%	40%	42%	46%	30%	33%	36%	41%	42%	43%	40%	38%	31%	33%	38%	
				M	M	*	*	*			*	*	**	*			
Fairly often	16%	12%	18%	17%	16%	12%	8%	10%	14%	17%	14%	22%	25%	27%	18%	24%	
			A			*	*	*			R*	R*	**	*	R		
Very often	10%	8%	11%	12%	9%	8%	4%	-	9%	11%	8%	9%	15%	23%	21%	14%	
			O	O		*	*	*			*	R*	**	R*	R		
Almost constantly	5%	4%	5%	5%	4%	8%	6%	-	5%	5%	4%	8%	7%	4%	12%	7%	
						*	*	*			R*	*	**	R*	R		
Prefer not to answer	1%	0%	1%	1%	1%	-	-	-	1%	0%	1%	1%	-	-	3%	0%	
						*	*	*			*	*	**	*			
Don't know	0%	-	1%	0%	1%	-	-	-	1%	0%	1%	-	-	4%	-	0%	
						*	*	*			*	*	**	*			

## How bad are your feelings of loneliness when they occur?

	Base	1004	369	635	600	260	68	41	35	485	519	726	82	96	25	31	203
Not too bad. They never really interfere with my day.	34%	40%	30%	29%	35%	44%	59%	66%	37%	31%	37%	35%	15%	4%	23%	22%	
		B				K*	KL*	KLM*			TW	TW*	*	**	*		
I sometimes feel upset or anxious, but am able to collect myself fairly easily	45%	40%	48%	49%	44%	38%	24%	29%	43%	47%	46%	40%	50%	40%	39%	45%	
			A	NO	N	*	*	*			*	*	**	*			
There are some points where I cannot function in a normal manner	19%	19%	20%	21%	20%	16%	17%	6%	18%	21%	15%	24%	34%	56%	39%	33%	
			O	O		*	*	*			R*	R*	**	**	R*	R	
Prefer not to answer	1%	1%	1%	1%	1%	-	-	-	1%	1%	1%	-	-	-	-	-	
						*	*	*			*	*	**	*			
Don't know	1%	1%	1%	2%	-	1%	-	-	2%	0%	1%	-	1%	-	-	0%	
			L			*	*	*	Q		*	*	**	*			

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Do you suffer from a mental health problem?

Base	1061	394	667	629	270	74	49	39	524	537	770	86	97	26	33	209
Yes	27%	28%	26%	24%	33%	26%	37%	18%	19%	34%	22%	38%	49%	50%	39%	45%
					K	*	K*	*		P		R*	R*	**	R*	R
No	58%	58%	58%	61%	51%	57%	57%	72%	64%	52%	64%	43%	35%	15%	48%	36%
				L		*	*	L*	Q		STW	*	*	**	*	
Prefer not to answer	4%	4%	3%	3%	4%	7%	-	3%	5%	3%	3%	3%	2%	8%	3%	3%
						*	*	*				*	*	**	*	
Don't know	12%	9%	13%	12%	12%	11%	6%	8%	12%	11%	11%	15%	13%	27%	9%	16%
						*	*	*				*	*	**	*	

Which mental health problem(s) do you suffer from?

Base	284	112	172	151	89	19	18	7	100	184	168	33	48	13	13	94
	81%	72%	87%	83%	74%	84%	94%	100%	77%	84%	86%	79%	79%	85%	69%	80%
			A		*	**	**	**				*	*	**	**	*
Prefer not to answer	16%	23%	11%	15%	22%	11%	6%	-	19%	14%	13%	18%	19%	15%	15%	18%
		B			*	**	**	**				*	*	**	**	*
Don't know	3%	4%	2%	3%	3%	5%	-	-	4%	2%	2%	3%	2%	-	15%	2%
					*	**	**	**				*	*	**	**	*

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Which of these best describes your mental health problem(s)? (Select all that apply)

	Base	284	112	172	151	89	19	18	7	100	184	168	33	48	13	13	94
Depression-related	77%	72%	80%	74%	80%	89%	83%	43%	78%	76%	73%	79%	83%	85%	85%	82%	*
					*	**	**	**				*	*	**	**	*	
Anxiety-related	74%	73%	74%	77%	74%	68%	56%	57%	71%	75%	68%	79%	88%	77%	85%	83%	R*
					*	**	**	**			*	*	R*	**	**	R*	
Eating disorder	14%	12%	16%	16%	11%	16%	11%	14%	7%	18%	14%	9%	13%	23%	23%	13%	*
					*	**	**	**		P	*	*	*	**	**	*	
Behavioural/Developmental (e.g. ADD and ADHD)	5%	4%	6%	4%	8%	11%	-	-	9%	3%	4%	3%	6%	8%	-	5%	*
					*	**	**	**	Q	Q	*	*	*	**	**	*	
Learning disability	5%	4%	5%	5%	4%	11%	-	-	9%	2%	5%	-	2%	8%	-	2%	*
					*	**	**	**	Q	Q	*	*	*	**	**	*	
Other	4%	4%	4%	3%	6%	-	-	14%	3%	4%	4%	6%	2%	-	8%	3%	*
					*	**	**	**			*	*	**	**	**	*	
Prefer not to answer	2%	3%	1%	1%	3%	-	-	-	3%	1%	2%	3%	2%	-	-	2%	*
					*	**	**	**			*	*	**	**	**	*	
Don't know	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
					*	**	**	**			*	*	**	**	**	*	

Would or would you not feel comfortable talking to friends or family about your mental health?

	Base	284	112	172	151	89	19	18	7	100	184	168	33	48	13	13	94
I would	52%	58%	48%	42%	62%	58%	78%	57%	56%	49%	52%	58%	50%	69%	15%	55%	*
					K*	**	**	**			*	*	**	**	**	*	
I would not	37%	33%	39%	44%	28%	32%	22%	43%	35%	38%	38%	33%	38%	15%	46%	33%	*
				L	*	**	**	**			*	*	**	**	**	*	
Prefer not to answer	3%	1%	4%	5%	1%	-	-	-	4%	2%	3%	-	4%	-	8%	2%	*
					*	**	**	**			*	*	**	**	**	*	
Don't know	9%	8%	9%	10%	9%	11%	-	-	5%	11%	7%	9%	8%	15%	31%	10%	*
					*	**	**	**			*	*	**	**	**	*	

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### How much does your mental health interfere with your day-to-day life?

	Base	284	112	172	151	89	19	18	7	100	184	168	33	48	13	13	94
I cannot complete even simple tasks		4%	3%	5%	5%	3%	5%	-	-	6%	3%	2%	6%	4%	15%	-	6%
					*	**	**	**				*	*	**	**	*	
I have trouble completing some daily tasks		47%	48%	46%	47%	51%	53%	28%	29%	44%	48%	48%	36%	50%	46%	62%	45%
					*	**	**	**	**			*	*	**	**	*	
I can carry on normally with medication		24%	21%	26%	23%	19%	26%	44%	57%	23%	24%	26%	21%	23%	23%	23%	22%
					*	**	**	**	**			*	*	**	**	*	
I can carry on normally without medication		23%	26%	21%	22%	27%	16%	22%	14%	23%	23%	23%	27%	23%	15%	15%	23%
					*	**	**	**	**			*	*	**	**	*	
Prefer not to answer		1%	1%	1%	1%	-	-	6%	-	2%	-	1%	3%	-	-	-	1%
					*	**	**	**	**			*	*	**	**	*	
Don't know		1%	1%	2%	3%	-	-	-	-	2%	1%	1%	6%	-	-	-	2%
					*	**	**	**	**			*	*	**	**	*	

### If you had a mental illness, would you or would you not feel comfortable talking to friends or family about it?

	Base	616	230	386	381	137	42	28	28	335	281	490	37	34	4	16	75
I would		49%	49%	48%	48%	52%	57%	46%	36%	47%	50%	49%	54%	56%	25%	31%	53%
						*	**	**	**			*	*	**	**	*	
I would not		29%	30%	29%	29%	28%	19%	39%	29%	30%	27%	29%	32%	21%	25%	25%	27%
						*	**	**	**			*	*	**	**	*	
Prefer not to answer		2%	1%	2%	2%	1%	2%	-	-	1%	2%	1%	3%	-	25%	6%	3%
						*	**	**	**			*	*	**	**	*	
Don't know		21%	20%	22%	21%	19%	21%	14%	36%	21%	21%	20%	11%	24%	25%	38%	17%
						*	**	**	**			*	*	**	**	*	

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	ABC1	C2DE	18-24	25-34	35-44	45-54	55+	Male	Female	Straight	Gay	Bisexual	Other	Don't know	Not Straight

How many people do you know that suffer from mental illness?

Base	1061	394	667	629	270	74	49	39	524	537	770	86	97	26	33	209
None	8%	6%	9%	9%	5%	5%	8%	18%	11%	6%	9%	7%	1%	-	12%	3%
				L		*	*	LM*	Q		TW	T*	*	**	TW*	
1-2	21%	23%	20%	20%	22%	24%	22%	18%	22%	20%	23%	21%	11%	12%	21%	15%
						*	*	*			TW	*	*	**	*	
2-5	31%	33%	30%	32%	32%	30%	24%	23%	30%	32%	31%	38%	30%	23%	30%	33%
						*	*	*			*	*	*	**	*	
5-10	16%	16%	15%	15%	16%	14%	22%	15%	12%	19%	14%	17%	26%	27%	6%	22%
						*	*	*		P		*	RV*	**	*	RV
10-20	7%	6%	7%	7%	7%	7%	6%	5%	4%	9%	6%	6%	13%	15%	-	11%
						*	*	*		P		*	RV*	**	*	R
20+	4%	3%	5%	4%	4%	7%	6%	3%	3%	5%	3%	3%	10%	15%	3%	8%
						*	*	*				*	R*	**	*	R
Prefer not to answer	2%	1%	3%	2%	1%	4%	2%	-	3%	1%	2%	-	-	-	3%	-
						*	*	*	Q		W	*	*	**	W*	
Don't know	11%	11%	11%	11%	12%	9%	8%	18%	14%	9%	12%	7%	8%	8%	24%	8%
						*	*	*	Q		*	*	*	**	RSTW*	

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	ABC1	C2DE	18-24	25-34	35-44	45-54	55+	Male	Female	Straight	Gay	Bisexual	Other	Don't know	Not Straight

How many friends do you have that suffer from a mental illness?

Base	1061	394	667	629	270	74	49	39	524	537	770	86	97	26	33	209
None	14%	13%	15%	14%	12%	16%	12%	33%	16%	13%	17%	6%	4%	-	21%	4%
						*	*	KLMN*			STW	*	*	**	STW*	
1-2	26%	27%	26%	26%	28%	27%	24%	13%	28%	24%	28%	29%	14%	12%	27%	20%
					O	*	*	*			TW	T*	*	**	*	
2-5	28%	31%	27%	29%	28%	31%	29%	23%	26%	31%	26%	42%	36%	31%	21%	38%
						*	*	*		P		RV*	R*	**	*	R
5-10	11%	10%	12%	12%	9%	9%	18%	5%	9%	14%	9%	12%	21%	27%	9%	18%
						*	L*	*		P		*	R*	**	*	R
10-20	3%	2%	4%	3%	4%	3%	-	3%	2%	5%	2%	2%	13%	12%	-	9%
						*	*	*		P		*	RSV*	**	*	R
20+	2%	2%	2%	2%	3%	3%	2%	-	2%	2%	2%	1%	4%	4%	-	3%
						*	*	*				*	*	**	*	
Prefer not to answer	2%	1%	2%	2%	1%	4%	2%	-	2%	1%	2%	1%	-	-	-	0%
						L*	*	*				*	*	**	*	
Don't know	13%	14%	12%	11%	16%	7%	12%	23%	15%	11%	13%	7%	7%	15%	21%	8%
				M	*	*	KM*	Q			W	*	*	**	STW*	

# YouGov Survey Results

Sample Size: 1061 Students (unweighted)

Total	Social grade		Age					Gender		Sexuality					
	ABC1	C2DE	18-24	25-34	35-44	45-54	55+	Male	Female	Straight	Gay	Bisexual	Other	Don't know	Not Straight

Which of the following are you aware of your university providing as a mental health service? (Select all that apply)

	Base	1061	394	667	629	270	74	49	39	524	537	770	86	97	26	33	209
University counselling		75%	74%	75%	77%	76%	57%	71%	69%	73%	76%	73%	74%	86%	92%	85%	82%
				M	M	*	*	*					*	R*	**	*	R
Referrals to outside help		32%	31%	32%	33%	30%	27%	27%	41%	32%	31%	31%	30%	36%	54%	33%	36%
						*	*	*					*	*	**	*	
24 hour crisis hotline		34%	35%	33%	36%	33%	18%	24%	36%	32%	35%	34%	26%	33%	31%	42%	30%
				M	M	*	*	M*					*	*	**	*	
Periodic events focused on mental wellbeing and stress management		38%	41%	36%	37%	39%	42%	39%	36%	36%	40%	35%	36%	44%	73%	45%	45%
						*	*	*					*	*	**	*	R
Doctors on site to prescribe medication if necessary		24%	24%	24%	28%	23%	12%	14%	15%	24%	24%	24%	16%	31%	38%	18%	26%
				MN	M	*	*	*					*	S*	**	*	
Peer health advisors who are other students		16%	16%	17%	17%	16%	15%	20%	13%	16%	17%	17%	14%	15%	12%	21%	14%
						*	*	*					*	*	**	*	
Other		3%	3%	3%	2%	4%	5%	8%	5%	2%	4%	3%	3%	1%	4%	3%	2%
					K	K*	K*	*					*	*	**	*	
None of the above		14%	16%	13%	12%	15%	23%	18%	21%	14%	14%	16%	14%	8%	-	12%	10%
						K*	*	*				TW	*	*	**	*	
Prefer not to answer		4%	4%	5%	5%	3%	8%	2%	3%	6%	3%	4%	2%	3%	4%	3%	3%
						L*	*	*		Q			*	*	**	*	

Have you ever used one of your university's mental health services?

	Base	1061	394	667	629	270	74	49	39	524	537	770	86	97	26	33	209
Yes		18%	19%	18%	16%	26%	19%	6%	10%	15%	22%	14%	31%	35%	50%	21%	35%
					KNO	N*	*	*		P			R*	R*	**	*	R
No		79%	79%	79%	80%	72%	78%	94%	90%	82%	75%	84%	66%	59%	50%	70%	61%
				L	*	KLM*	L*	Q		STVW		*	*	**	*		
Prefer not to answer		2%	2%	2%	2%	1%	3%	-	-	2%	1%	1%	2%	2%	-	3%	2%
						*	*	*					*	*	**	*	
Don't know		1%	1%	1%	2%	1%	-	-	-	1%	2%	1%	-	4%	-	6%	2%
						*	*	*					*	R*	**	RS*	

## YouGov Survey Results

Sample Size: 1061 Students (unweighted)

Total	Social grade		Age					Gender		Sexuality					
	ABC1	C2DE	18-24	25-34	35-44	45-54	55+	Male	Female	Straight	Gay	Bisexual	Other	Don't know	Not Straight

### What service did you utilise? (Select all that apply)

	Base	192	74	118	102	69	14	3	4	76	116	104	27	34	13	7	74
University counselling	89%	92%	87%	85%	91%	100%	100%	100%	91%	88%	88%	85%	88%	100%	86%	89%	
		*			*	**	**	**	*			**	*	**	**	*	
Referrals to outside help	13%	14%	13%	13%	12%	21%	33%	-	18%	9%	12%	19%	12%	8%	29%	14%	
		*			*	**	**	**	*			**	*	**	**	*	
24 hour crisis hotline	3%	1%	3%	3%	1%	7%	-	-	1%	3%	3%	4%	-	8%	-	3%	
		*			*	**	**	**	*			**	*	**	**	*	
Periodic events focused on mental wellbeing and stress management	11%	12%	10%	10%	13%	14%	-	-	14%	9%	12%	7%	9%	8%	29%	8%	
		*			*	**	**	**	*			**	*	**	**	*	
Doctors on site to prescribe medication if necessary	16%	15%	16%	15%	20%	7%	-	-	13%	17%	15%	11%	21%	8%	43%	15%	
		*			*	**	**	**	*			**	*	**	**	*	
Peer health advisors who are other students	3%	4%	2%	3%	3%	-	-	-	3%	3%	1%	11%	-	-	14%	4%	
		*			*	**	**	**	*			**	*	**	**	*	
Other	5%	5%	5%	5%	7%	-	-	-	5%	5%	3%	7%	9%	8%	14%	8%	
		*			*	**	**	**	*			**	*	**	**	*	
Don't know	2%	-	3%	3%	-	-	-	-	1%	2%	2%	4%	-	-	-	1%	
		*			*	**	**	**	*			**	*	**	**	*	

### How helpful did you find the service?

	Base	192	74	118	102	69	14	3	4	76	116	104	27	34	13	7	74
Very helpful	30%	38%	25%	25%	32%	43%	67%	75%	37%	26%	33%	26%	21%	31%	29%	24%	
		*			*	**	**	**	*			**	*	**	**	*	
Somewhat helpful	45%	38%	49%	48%	42%	50%	-	25%	45%	45%	43%	44%	50%	46%	43%	47%	
		*			*	**	**	**	*			**	*	**	**	*	
Not helpful at all	21%	20%	22%	25%	20%	7%	33%	-	16%	25%	21%	26%	24%	23%	14%	24%	
		*			*	**	**	**	*			**	*	**	**	*	
Prefer not to answer	1%	-	2%	2%	-	-	-	-	1%	1%	1%	-	3%	-	-	1%	
		*			*	**	**	**	*			**	*	**	**	*	
Don't know	3%	4%	2%	1%	6%	-	-	-	1%	3%	2%	4%	3%	-	14%	3%	
		*			*	**	**	**	*			**	*	**	**	*	

# YouGov Survey Results

Sample Size: 1061 Students (unweighted)

Total	Social grade		Age					Gender		Sexuality					
	ABC1	C2DE	18-24	25-34	35-44	45-54	55+	Male	Female	Straight	Gay	Bisexual	Other	Don't know	Not Straight

## How do you feel about university-provided mental health services?

	Base	ABC1	C2DE	18-24	25-34	35-44	45-54	55+	Male	Female	Straight	Gay	Bisexual	Other	Don't know	Not Straight
Excellent	7%	7%	7%	5%	7%	15% KL*	8% *	5% *	7%	6%	6%	5% *	11% *	4% **	3% *	8%
Good	26%	25%	26%	28%	24%	19% *	18% *	31% *	25%	26%	27%	21% *	27% *	42% **	18% *	26%
Okay	20%	19%	20%	21% O	20% O	18% *	22% O*	5% *	18%	22%	17%	29% R*	31% R*	15% **	15% *	28% R
Bad	5%	5%	5%	6%	5%	3% *	2% *	- *	5%	6%	5%	6% *	4% *	15% **	6% *	6%
Terrible	2%	1%	2%	3%	1%	- *	- *	- *	2%	2%	2%	1% *	4% *	- **	3% *	2%
Don't know	41%	43%	40%	38%	43%	46% *	49% *	59% K*	44%	38%	43% TW	38% T*	23% *	23% **	55% TW*	29%

## Other than university provided services, what other avenues toward help for mental health or stress do you utilise? (Select all that apply)

	Base	ABC1	C2DE	18-24	25-34	35-44	45-54	55+	Male	Female	Straight	Gay	Bisexual	Other	Don't know	
Friends	62%	62% *	62%	66%	61% *	43% **	67% **	50% **	59% *	64%	59%	52% **	79% R*	69% **	29% **	68% *
Family	44%	39% *	47%	46%	48% *	21% **	33% **	- **	34% *	50% P	47%	26% **	44% *	54% **	14% **	39% *
A romantic partner	49%	51% *	47%	49%	55% *	21% **	33% **	50% **	37% *	57% P	50%	30% **	59% *	62% **	29% **	49% *
Professional help through other means	49%	51% *	47%	45%	49% *	71% **	33% **	75% **	51% *	47%	46%	48% **	62% *	46% **	43% **	54% *
I don't utilise other services	7%	7% *	8%	8%	7% *	7% **	- **	- **	11% *	5%	6%	19% **	3% *	- **	29% **	8% *
Other	6%	8% *	5%	4%	4% *	14% **	67% **	25% **	8% *	5%	6%	11% **	- *	15% **	- **	7% *
Don't know	2%	3% *	1%	2%	1% *	- **	- **	- **	- *	3%	3%	- **	- *	- **	- **	- *

## YouGov Survey Results

Sample Size: 1061 Students (unweighted)

Total	Social grade		Age					Gender		Sexuality					
	ABC1	C2DE	18-24	25-34	35-44	45-54	55+	Male	Female	Straight	Gay	Bisexual	Other	Don't know	Not Straight

Do you think the government should provide more, less, or the current amount of services for mental health through the NHS?

	Base	1061	394	667	629	270	74	49	39	524	537	770	86	97	26	33	209
More, it is essential that more comprehensive coverage be given to all		80%	81%	79%	78%	84%	81%	88%	82%	76%	85%	77%	90%	94%	92%	73%	92%
						K	*	*	*		P		RV*	RV*	**	*	RV
The current services level is adequate		10%	8%	11%	13%	6%	5%	2%	3%	12%	8%	11%	5%	4%	4%	9%	4%
						LN	*	*	*	Q		TW	*	*	**	*	
Less, we need to make government cuts in every sector we can		2%	2%	1%	2%	1%	3%	2%	3%	3%	0%	2%	1%	-	-	3%	0%
							*	*	*	Q			*	*	**	*	
Don't know		9%	9%	9%	8%	9%	11%	8%	13%	10%	8%	10%	5%	2%	4%	15%	3%
							*	*	*			TW	*	*	**	TW*	

Do you agree with the following statement: On average, a mental illness is as serious as a physical ailment?

	Base	1061	394	667	629	270	74	49	39	524	537	770	86	97	26	33	209
Agree: the two are equally serious		84%	86%	83%	82%	87%	85%	94%	85%	81%	88%	83%	88%	86%	100%	79%	89%
						K	*	K*	*		P		*	*	**	*	
Disagree: a physical ailment is more serious		6%	5%	6%	7%	4%	3%	-	5%	8%	3%	6%	2%	5%	-	6%	3%
							*	*	*	Q			*	*	**	*	
Disagree: a mental illness is more serious		5%	4%	5%	5%	4%	5%	2%	3%	5%	4%	4%	5%	5%	-	12%	4%
							*	*	*				*	*	**	R*	
Don't know		6%	5%	6%	6%	4%	7%	4%	8%	6%	5%	6%	5%	4%	-	3%	4%
							*	*	*				*	*	**	*	

## YouGov Survey Results

Sample Size: 1061 Students (unweighted)

Total	Social grade		Age					Gender		Sexuality					
	ABC1	C2DE	18-24	25-34	35-44	45-54	55+	Male	Female	Straight	Gay	Bisexual	Other	Don't know	Not Straight

### What would be your initial response to finding out a person has a mental illness?

	Base	545	193	352	323	133	35	30	24	277	268	392	47	54	15	14	116
I wouldn't react at all, as this would change nothing		19%	20%	18%	16%	20%	23% *	30% *	29% **	20%	17%	19%	15% *	17% *	13% **	36% **	16%
I would show concern and be mindful of troubles the person might be facing		74%	73%	75%	76%	74%	77% *	63% *	58% **	70%	78% P	73%	79% *	81% *	87% **	57% **	81%
I would be more cautious around him or her		3%	2%	3%	3%	2%	- *	3% *	4% **	4% Q	1%	3%	2% *	2% *	- **	7% **	2%
Other		0%	1%	-	-	1%	- *	- *	- **	0%	-	0%	- *	- *	- **	- **	-
Don't know		4%	5%	4%	5%	3%	- *	3% *	8% **	5%	3%	5%	4% *	- *	- **	- **	2%

### What would be your initial response to finding out that a friend has a mental illness?

	Base	516	201	315	306	137	39	19	15	247	269	378	39	43	11	19	93
I wouldn't react at all, as this would change nothing for our friendship		15%	17%	13%	13%	15%	31% KL*	11% **	13% **	18% Q	11%	15%	23% *	9% *	9% **	16% **	15% *
I would show concern and be mindful of troubles my friend might be facing		78%	77%	79%	80%	80%	62% M	79% M	80% *	72% P	84% P	78%	72% *	86% *	91% **	79% **	81% *
I would be more cautious around him or her		2%	3%	2%	2%	1%	3% *	5% **	7% **	2%	2%	2%	- *	- *	- **	- **	- *
Other		2%	1%	3%	2%	1%	3% *	- **	- **	2%	1%	2%	- *	2% *	- **	5% **	1% *
Don't know		3%	2%	3%	3%	3%	3% *	5% **	- **	5% Q	1%	3%	5% *	2% *	- **	- **	3% *

## YouGov Survey Results

Sample Size: 1061 Students (unweighted)

Total	Social grade		Age					Gender		Sexuality					
	ABC1	C2DE	18-24	25-34	35-44	45-54	55+	Male	Female	Straight	Gay	Bisexual	Other	Don't know	Not Straight

What are your main sources of stress? (Select all that apply)

	Base	1061	394	667	629	270	74	49	39	524	537	770	86	97	26	33	209
Work from university	71%	67%	74%	77%	74%	50%	43%	31%	68%	75%	70%	70%	86%	81%	58%	78%	
			A	MNO	MNO	*	*	*		P		*	RSV*	**	*	RV	
Family	35%	33%	35%	35%	31%	43%	39%	33%	27%	42%	32%	40%	47%	50%	39%	45%	
						L*	*	*		P		*	R*	**	*	R	
Friends	22%	16%	25%	27%	17%	11%	10%	5%	19%	24%	19%	26%	36%	31%	36%	31%	
			A	LMNO		*	*	*		P		*	R*	**	R*	R	
A romantic relationship	23%	22%	23%	24%	26%	18%	14%	8%	24%	22%	21%	28%	29%	19%	27%	27%	
				O	O	*	*	*				*	*	**	*		
A job or internship	23%	22%	23%	23%	26%	23%	20%	8%	21%	25%	23%	26%	23%	19%	33%	23%	
				O	O	O*	*	*				*	*	**	*		
Employment prospects after university	39%	34%	42%	41%	44%	30%	18%	13%	38%	40%	37%	41%	44%	42%	42%	43%	
			A	NO	MNO	O*	*	*				*	*	**	*		
Other	15%	18%	13%	11%	18%	24%	20%	23%	11%	18%	13%	23%	20%	35%	12%	23%	
			B		K	K*	K*	K*		P		R*	*	**	*	R	
I don't get stressed	4%	4%	4%	3%	1%	7%	14%	15%	5%	2%	5%	1%	-	-	3%	0%	
						L*	KL*	KL*		Q		TW	*	*	**	*	
Don't know	5%	5%	5%	5%	5%	7%	6%	5%	6%	4%	5%	6%	3%	4%	9%	4%	
						*	*	*				*	*	**	*		

## YouGov Survey Results

Sample Size: 1061 Students (unweighted)

Total	Social grade		Age					Gender		Sexuality					
	ABC1	C2DE	18-24	25-34	35-44	45-54	55+	Male	Female	Straight	Gay	Bisexual	Other	Don't know	Not Straight

### How do you cope with stress?

	Base	1061	394	667	629	270	74	49	39	524	537	770	86	97	26	33	209
Talk to friends	47%	48%	46%	47%	53%	42%	35%	41%	46%	49%	45%	55%	54%	65%	45%	56%	
					N	*	*	*				*	*	**	*	R	
Talk to parents	25%	24%	27%	28%	29%	15%	6%	3%	21%	30%	28%	21%	18%	19%	18%	19%	
				MNO	MNO	O*	*	*		P	TW	*	*	**	*		
Talk to other family members	11%	14%	10%	9%	14%	11%	18%	28%	9%	14%	12%	10%	9%	15%	9%	11%	
		B		K	*	K*	KLM*		P		*	*	**	*			
A romantic partner	33%	38%	31%	30%	43%	35%	27%	31%	27%	40%	34%	30%	39%	54%	18%	37%	
		B		KN	*	*	*		P		*	V*	**	*	V		
Professional help through other means	13%	17%	10%	10%	16%	19%	24%	18%	11%	15%	10%	20%	23%	27%	15%	22%	
		B		K	K*	K*	*		P		R*	R*	**	*	R		
Other	20%	24%	18%	16%	23%	35%	39%	26%	20%	20%	19%	23%	23%	15%	33%	22%	
		B		K	KL*	KL*	*				*	*	**	R*			
I don't get stressed	5%	5%	5%	4%	3%	5%	12%	15%	7%	2%	5%	2%	1%	-	6%	1%	
						*	KL*	KL*	Q		W	*	*	**	*		
Don't know	14%	10%	17%	17%	13%	11%	2%	5%	16%	12%	14%	15%	11%	8%	12%	12%	
			A	N	N	*	*	*			*	*	**	*			

### Do you have a fear of failure?

	Base	1061	394	667	629	270	74	49	39	524	537	770	86	97	26	33	209
Yes	77%	75%	78%	79%	80%	68%	57%	64%	72%	81%	76%	77%	84%	92%	76%	82%	
				MNO	MNO	*	*	*		P		*	*	**	*		
No	18%	22%	17%	16%	15%	28%	41%	36%	22%	15%	20%	22%	10%	4%	9%	14%	
		B				KL*	KL*	KL*	Q		T	T*	*	**	*		
Don't know	5%	3%	6%	5%	5%	4%	2%	-	6%	4%	4%	1%	6%	4%	15%	4%	
						*	*	*			*	*	**	RSW*			

## YouGov Survey Results

Sample Size: 1061 Students (unweighted)

Total	Social grade		Age					Gender		Sexuality					
	ABC1	C2DE	18-24	25-34	35-44	45-54	55+	Male	Female	Straight	Gay	Bisexual	Other	Don't know	Not Straight

How prevalent is this fear in your day-to-day life?

	Base	814	296	518	494	217	50	28	25	378	436	585	66	81	24	25	171
Very prevalent	21%	21%	22%	20%	24%	20%	32%	24%	18%	24%	19%	20%	31%	17%	32%	25%	
						*	**	**		P		*	R*	**	**		
Somewhat prevalent	44%	45%	43%	42%	48%	52%	43%	32%	42%	46%	43%	44%	48%	58%	44%	48%	
						*	**	**				*	*	**	**	**	
Not very prevalent	33%	32%	33%	35%	28%	26%	25%	44%	38%	28%	36%	36%	21%	25%	20%	27%	
				L		*	**	**	Q		TW	T*	*	**	**		
Prefer not to say	1%	0%	1%	1%	-	-	-	-	0%	1%	1%	-	-	-	-	-	
						*	**	**				*	*	**	**		
Don't know	1%	1%	1%	1%	1%	2%	-	-	2%	1%	1%	-	-	-	4%	-	
						*	**	**				*	*	**	**		

Cell Contents (Column Percentage, Statistical Test Results), Statistics (Column Proportions/Mean, (5%): A/B, C/D/E/F/G/H/I/J, K/L/M/N/O,