A Decade of Improving College Mental Health Systems: JED Campus Impact Report, published by The Jed Foundation, reveals a significant decline in suicidal ideation, planning, and attempts among students attending colleges and universities that participated in the JED Campus program. The report draws on a decade of data (2013 to 2023) from JED Campus schools and the Healthy Minds Network survey.

**Improvements to Student Mental Health**

Schools that completed JED Campus saw statistically significant improvements in student mental health after completing the program compared to baseline. Students were:

- 10% less likely to report suicidal ideation in the past year
- 13% less likely to report suicide planning in the past year
- 25% less likely to report a suicide attempt in the past year

Students also had improved average anxiety and depression scores, and were more likely to stay in school and graduate.

Each school develops a strategic plan as part of its work with JED Campus. The strategic plan includes recommendations from JED’s Comprehensive Approach to Mental Health Promotion and Suicide Prevention for Colleges and Universities. Compared to schools that implement fewer recommendations, students at schools that implement an increasing number of recommendations are more likely to demonstrate:

- Decreased preconceived notions and biases about mental health treatment.
- Even lower rates of suicidal ideation, suicide planning, and suicide attempts.
- Even greater improvement in anxiety and depression average scores.
- Higher student flourishing scores.
### System-Level Gains at Colleges and Universities

Schools also make statistically significant progress in system-level approaches after completing the program.

#### Pre/Post Data Points: Program/service aimed to address students’ mental health need

<table>
<thead>
<tr>
<th>Program/service</th>
<th>Pre-Program</th>
<th>Post-Program</th>
<th>Change</th>
</tr>
</thead>
<tbody>
<tr>
<td>Counseling center has linkages with community services providing care for substance use issues not available on campus</td>
<td>67</td>
<td>89</td>
<td>22</td>
</tr>
<tr>
<td>Emotional health is seen as a campuswide issue with significant involvement from multiple departments/ stakeholders</td>
<td>49</td>
<td>74</td>
<td>25</td>
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<tr>
<td>School has a postvention protocol to address the aftermath of a student death or other campus emergency</td>
<td>68</td>
<td>79</td>
<td>11</td>
</tr>
<tr>
<td>School has ever done a campus environmental scan</td>
<td>46</td>
<td>75</td>
<td>29</td>
</tr>
<tr>
<td>Students are screened for depression, anxiety, and suicidal ideation by health service clinicians at primary care visits</td>
<td>55</td>
<td>77</td>
<td>22</td>
</tr>
<tr>
<td>School has messaging campaigns to educate students about the risks of opiate misuse</td>
<td>36</td>
<td>60</td>
<td>24</td>
</tr>
</tbody>
</table>

% of schools doing this | N =136 schools

### About JED Campus

Launched in 2013, JED Campus is a four-year, technical assistance program that provides colleges and universities with expert support, evidence-based recommended practices, and data-driven guidance.

More than **18 million** people attend colleges and universities in the U.S. every year, putting academic institutions at the forefront of bringing mental health initiatives directly to young adults to help prevent suicide and lower the incidence of anxiety and depression.

According to the 2022-2023 Healthy Minds Study, 14% of college students nationwide reported suicidal ideation, 6% reported making a suicide plan, and 2% reported a suicide attempt in the past year. With that context, the report’s findings show that **tens of thousands of students** across JED Campus schools experienced mental health benefits.

**JED Campus Network**

- **5.6 million** students
- **440** colleges & universities

Download the full JED Campus Impact report. For more information or to join the JED Campus program, [contact JED](#). Let’s make mental health a priority on every campus.