

A Decade of Improving College Mental Health Systems

JED Campus Impact Report

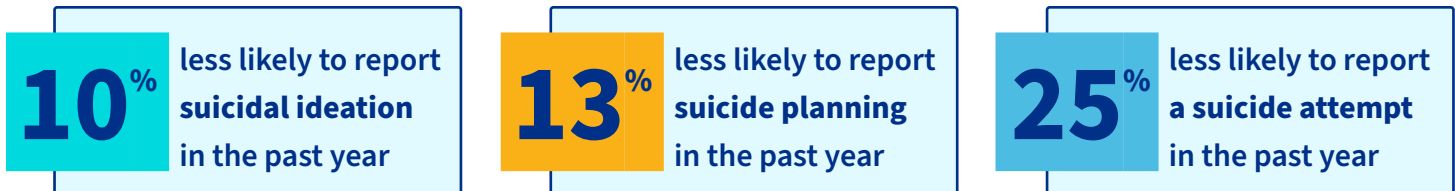
Executive Summary



[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:



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

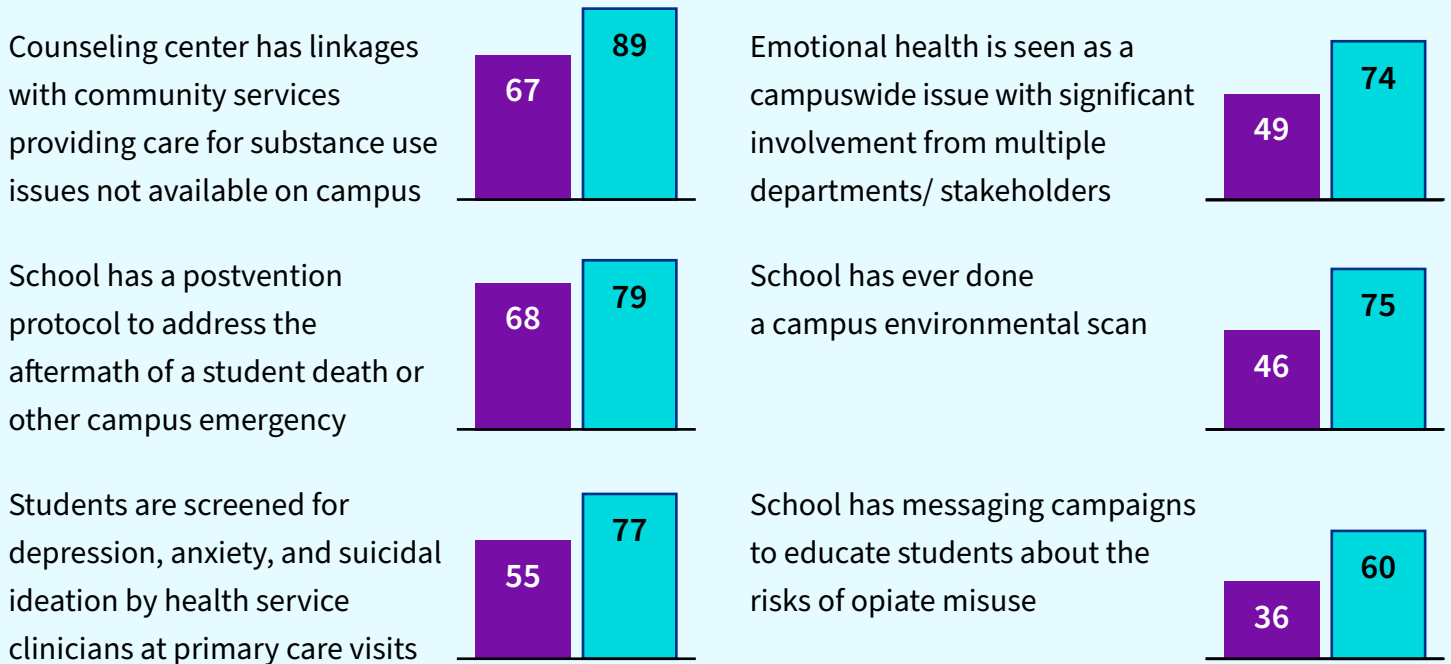
Each school develops a strategic plan as part of its work with JED Campus. The strategic plan includes recommendations from [JED's Comprehensive Approach to Mental Health Promotion and Suicide Prevention for Colleges and Universities](#). Compared to schools that implement fewer recommendations, students 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



% of schools doing this | N =136 schools

Pre-Program

Post-Program

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.

JED Campus Network

5.6 million students

440 colleges & universities

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.



[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.**