CCWS - Spring - 2021
Health Service Utilization and Help-Seeking

Awareness
Based on your experience at your institution, please rate your level of agreement with the following statements.

<table>
<thead>
<tr>
<th>Question</th>
<th>0</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. If I needed to seek professional help for my mental or emotional health, I would know where to access campus-based resources (online or in-person).</td>
<td>0%</td>
<td>10%</td>
<td>20%</td>
<td>30%</td>
<td>40%</td>
<td>50%</td>
<td>60%</td>
</tr>
<tr>
<td>2. If I needed to seek professional help for my mental or emotional health, I would know where to go off campus.</td>
<td>0%</td>
<td>10%</td>
<td>20%</td>
<td>30%</td>
<td>40%</td>
<td>50%</td>
<td>60%</td>
</tr>
<tr>
<td>3. If I needed to seek professional help for my physical health, I would know where to go off campus.</td>
<td>0%</td>
<td>10%</td>
<td>20%</td>
<td>30%</td>
<td>40%</td>
<td>50%</td>
<td>60%</td>
</tr>
<tr>
<td>4. If I needed to seek professional help for my physical health, I would know where to access campus-based resources (online or in-person).</td>
<td>0%</td>
<td>10%</td>
<td>20%</td>
<td>30%</td>
<td>40%</td>
<td>50%</td>
<td>60%</td>
</tr>
</tbody>
</table>

Awareness - Outreach Efforts
Are you aware of mental health outreach efforts at your institution (such as educational programs, awareness events, anti-stigma campaigns, screening days)?

- Yes 559 (100%)
- No 326 (58.32%)

Use Health Services
Do you use campus health services for your primary care (such as routine check-ups with a doctor)?

- Not applicable 47 (8.42%)
- No 440 (80.32%)
- Yes 559 (100%)
Support
Based on your experience at your institution, please rate your level of agreement with the following statements.
Sample Size = 558

### Question 1
There is a good support system at my institution for students going through difficult times.

<table>
<thead>
<tr>
<th>Response Level</th>
<th>% of Responses</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 (Strongly disagree)</td>
<td>9.86%</td>
</tr>
<tr>
<td>2 (Disagree)</td>
<td>12.37%</td>
</tr>
<tr>
<td>3 (Somewhat disagree)</td>
<td>26.52%</td>
</tr>
<tr>
<td>4 (Somewhat agree)</td>
<td>17.92%</td>
</tr>
<tr>
<td>5 (Agree)</td>
<td>19.53%</td>
</tr>
<tr>
<td>6 (Strongly agree)</td>
<td>17.92%</td>
</tr>
</tbody>
</table>

Seek Help
If you were experiencing serious emotional distress, whom would you talk to about this? Select all that apply.
Sample Size = 559

- **Family member** (60.64%)
- **Friend (who is not a roommate)** (55.46%)
- **Significant other** (48.12%)
- **Professional clinician (e.g., psychologist, counsellor, or psychiatrist)** (44.36%)
- **Roommate** (10.91%)
- **Professor or instructor** (7.87%)
- **Religious counsellor or other religious contact** (8.71%)
- **I prefer not to talk to anyone about this** (10.26%)
- **Support group (e.g., student peer support, online support group)** (5.72%)
- **Other non-clinical source (please specify below):**
  - **I don’t have anyone to talk to about this** (1.97%)
  - **I don’t know** (0.55%)

As this is a ‘Select all that apply’ question, the percentages may not add up to 100%. 

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