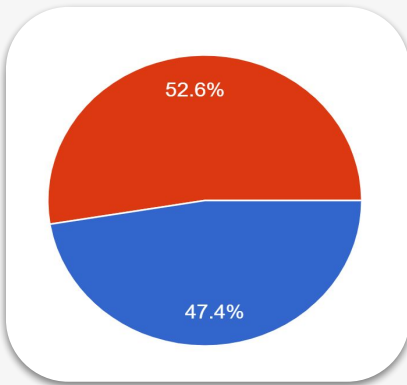


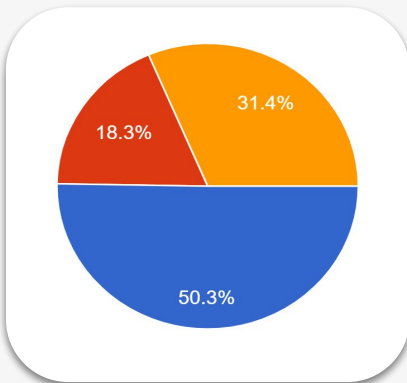
Lake Land College Student Mental Health Statistics Academic Stress

Have you ever felt an unhealthy level of stress from having to take too many credit hours?

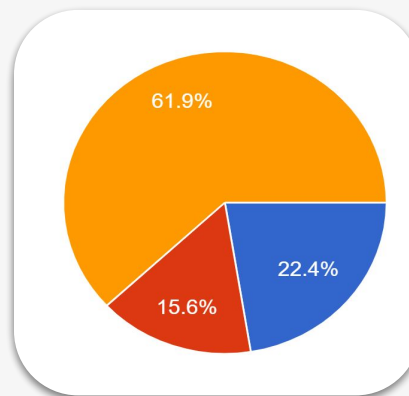


Did you know Lake Land College provides **FREE** tutoring?
Only about 14% of students use it.

Traditional students, have you experienced stress adjusting your high school study habits to college?



Non-traditional students, have you experienced stress due to the academic environment having changed from the last time you were a student?

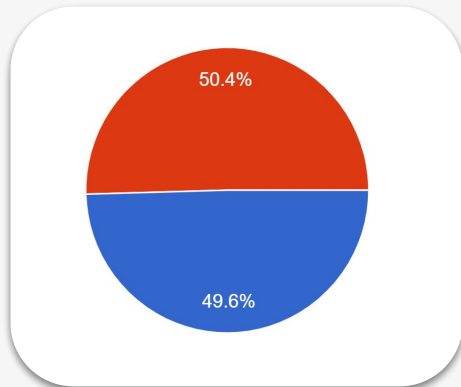


It's okay to ask for help.

If you relate to any of the issues listed here, please refer to the LLC Student Resources page.

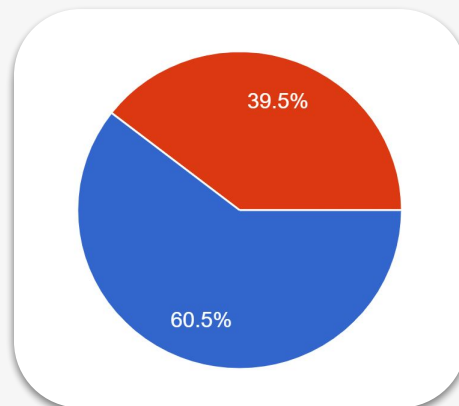
Lake Land College Student Mental Health Statistics Financial Stress

Have you ever experienced stress from the expenses of attending Lake Land College?



More than 73% of Lake Land Students experience financial stress in their day to day lives.

Has the amount of hours you work ever caused stress, or affected your ability to succeed in class?

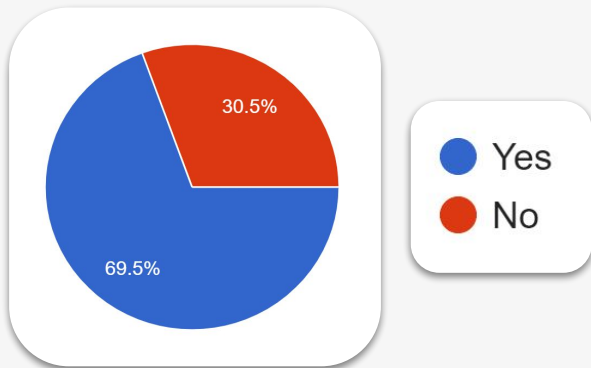


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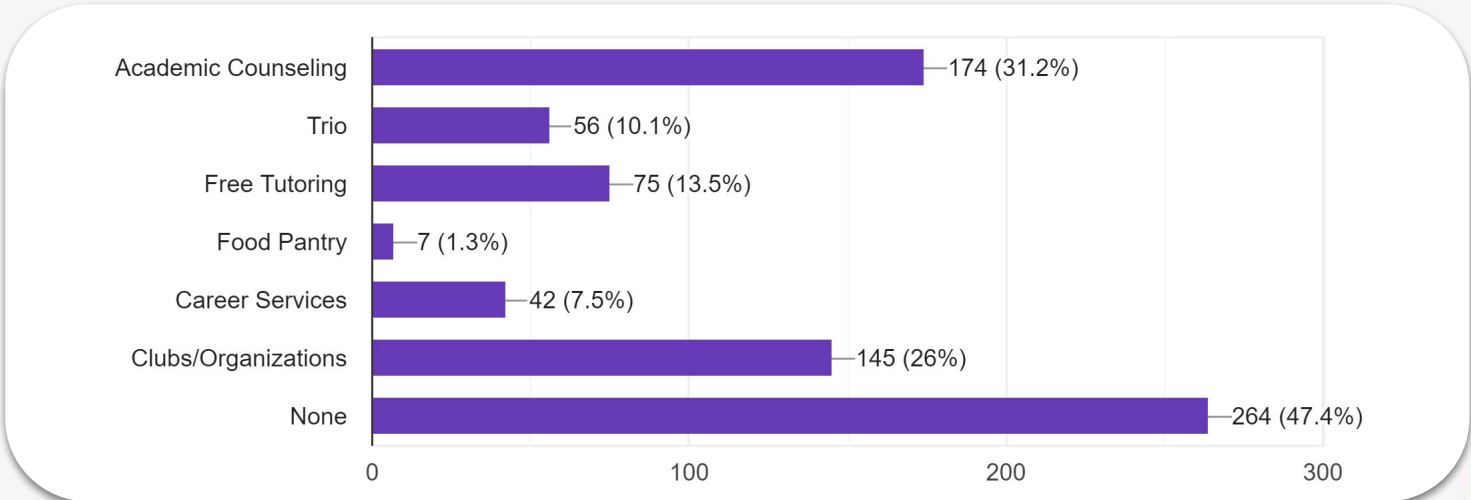
Lake Land College Student Mental Health Statistics Major and Future Indecisiveness

Have you ever experienced stress due to the uncertainty of your major or future career choice?



Did you know that Career Services at Lake Land offers FREE career counseling, resume building, mock interviews and more?

Have you used any of the following resources at Lake Land College?



It's okay to ask for help.

If you relate to any of the issues listed here, please refer to the LLC Student Resources page.

Lake Land College Student Mental Health Statistics Social Media

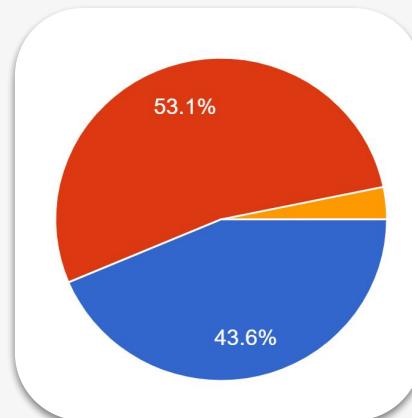
Do you believe there is an issue with the way in which people portray themselves on social media?



- Yes
- No
- N/A, I don't use social media

While only about 43% said they believe social media is negatively affecting their mental health, 75% of students said they often compare themselves to others via social media.

Do you think social media is adversely affecting your mental health?

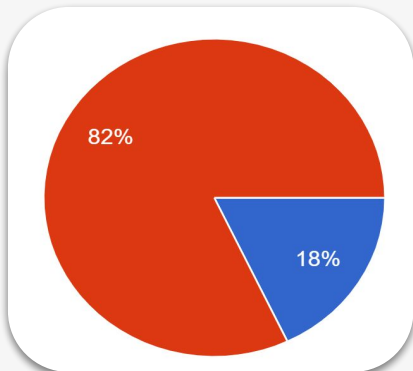


It's okay to ask for help.

If you relate to any of the issues listed here, please refer to the LLC Student Resources page.

Lake Land College Student Mental Health Statistics General Mental Health Issues

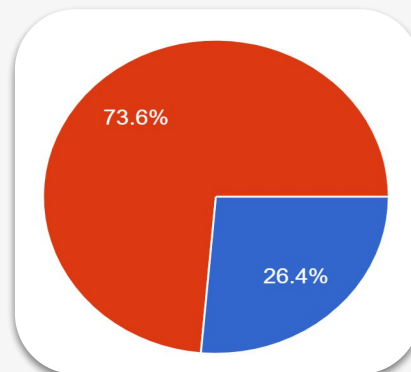
Have you ever considered or attempted self harm and/or suicide during your time at Lake Land College?



Over 37% of Lake Land Students have experienced sadness lasting longer than a month. You are NOT alone.

Have you ever used drugs or alcohol as a coping mechanism during your time at Lake Land College?

● Yes
● No



Nearly 55% of Lake Land Students felt their mental health had impacted their academic potential.

It's okay to ask for help.

If you relate to any of the issues listed here, please refer to the LLC Student Resources page.