1. If you have a friend exhibiting any symptoms of stress, anxiety, depression or other mental illness, what would you most likely do? (Rank from 1-5, 1 being most likely, 5 being least likely)

<table>
<thead>
<tr>
<th>Option</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
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<tbody>
<tr>
<td>Talk to them about it see if they’re alright</td>
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<td>Refer them to the campus resources offered</td>
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<tr>
<td>Discuss their well being with one of their close friends</td>
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<tr>
<td>Remind them that everyone has it hard at Mines</td>
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<tr>
<td>Do nothing</td>
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</tbody>
</table>

1. If you have a friend exhibiting any symptoms of stress, anxiety, depression or other mental illness, what would you most likely do? (… 1-5, 1 being most likely, 5 being least likely)
2. What services would you most likely access at the Mines Counseling Center? (check all that apply)

- Individual therapy
- Group therapy
- Online self-help tools
- Presentations
- Prevention programming
- Wellness workshops

2. What services would you most likely access at the Mines Counseling Center? (check all that apply)

453 responses

- Individual therapy: 352 (77.7%)
- Group therapy: 30 (6.6%)
- Online self-help tools: 201 (44.4%)
- Presentations: 52 (11.5%)
- Prevention programming: 60 (13.2%)
- Wellness workshops: 166 (36.6%)
3. For the Mines Counseling Center services listed above, what would prevent you from accessing them? (check all that apply)

- I didn't feel I needed services
- I didn't have enough time
- I didn't know what was offered
- I didn't know how to access it
- I didn't think it would help
- I was embarrassed to use it
- I was scared to use it
- I was concerned about costs
- I didn't know if I was eligible
- I have never heard of the services offered
- I have used services at the Counseling Center
- I already have sufficient support from other external resources

508 responses