

Do students have any strategies to help cope with stress?

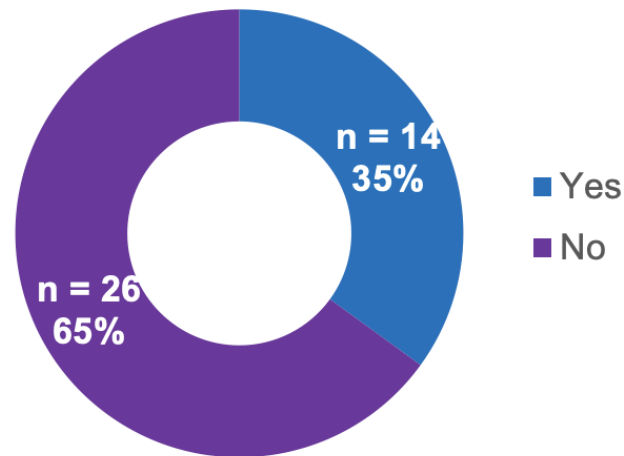


Figure 1 Percentage of students who do not have coping strategies.

The university provides a plethora of mental health and wellbeing services, however, a staggering 90% (n=36) have chosen to never use these facilities (Figure 2). These statistics are reflective of other larger university mental health surveys.