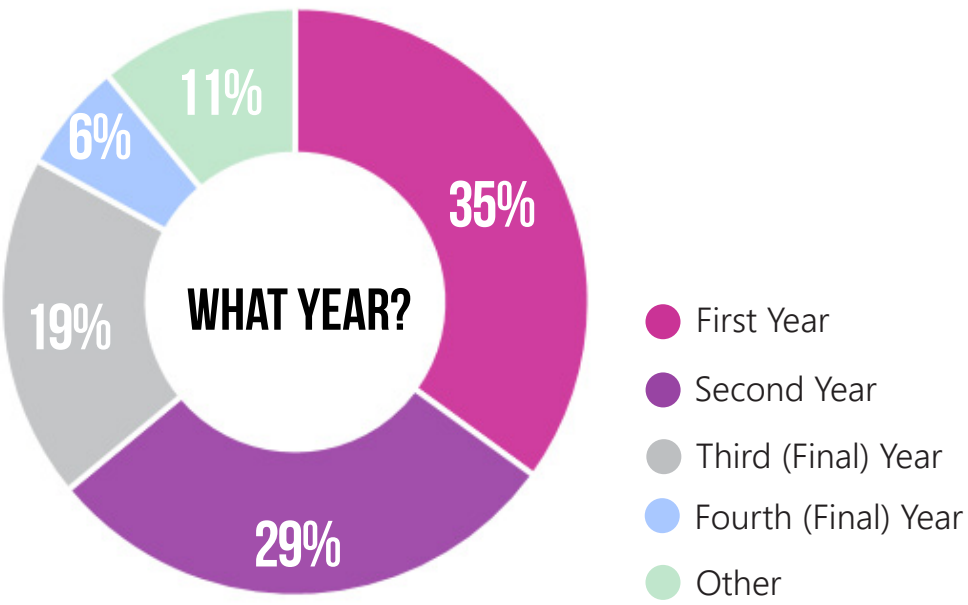
NATIONAL STUDENT MONEY WEEK 2016

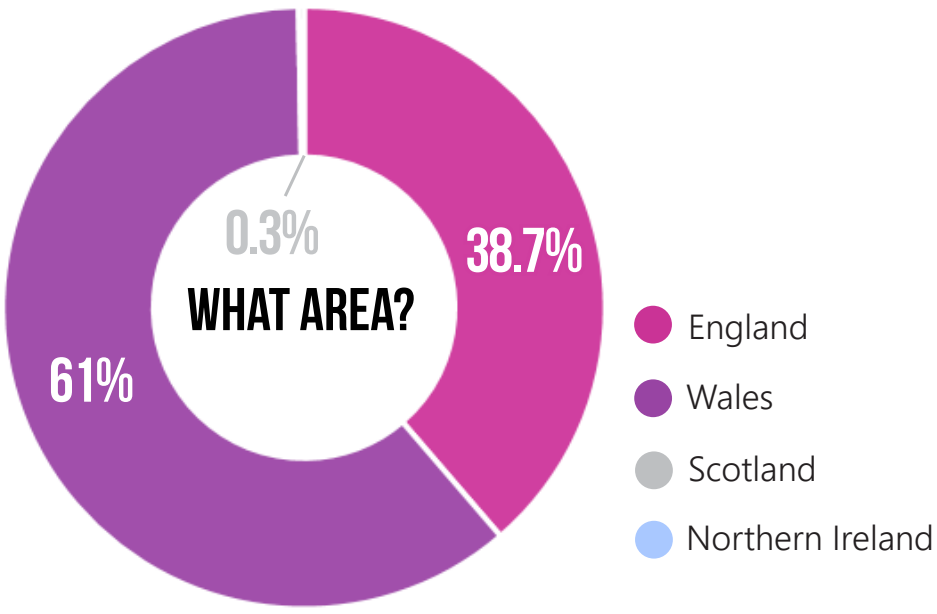
Students, Money & Mental Health Survey - the full results

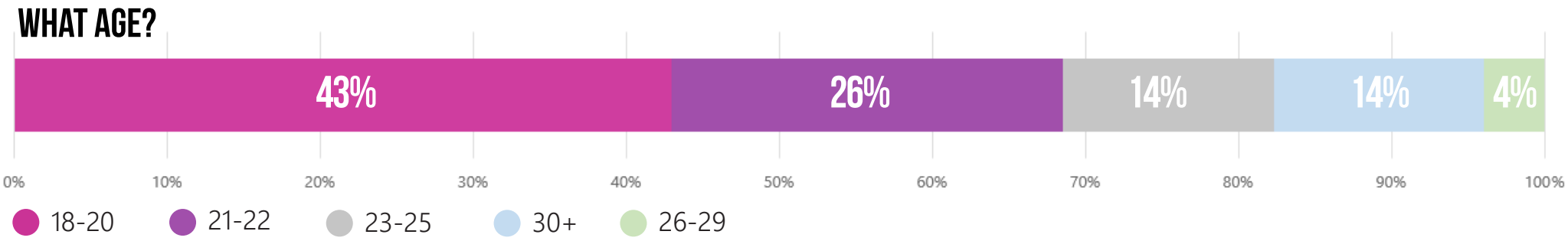
Every year NASMA (National Association of Student Money Advisers) runs the National Student Money Week campaign. The central aim of the campaign is to support NASMA members to run local campaigns to support their students to engage with money-related issues and topics. We have periodic themes to support this aim and this year the campaign focused on the important matter of students, money and mental health. As part of that theme, we sent a topical survey to members in the period running up to National Student Money Week 2016, asking them to distribute the survey to their students. In all we had 319 responses from students across the UK which is a great result. These graphics represent the data collated as part of that survey. More details about NASMA and this campaign can be obtained from the NASMA website at www.nasma.org.uk

Part I: Student Profiles

ACADEMIC STATUS

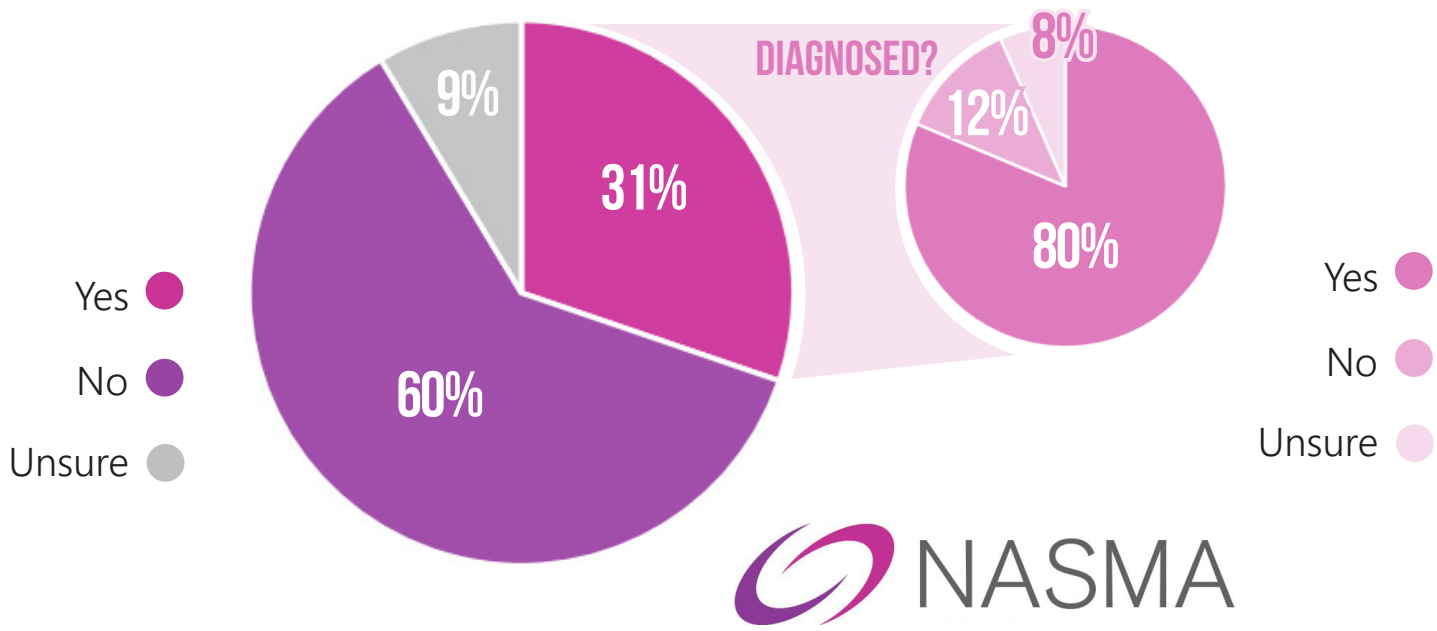






EXISITING CONDITIONS

Do you have an existing learning disability or mental health condition?



NASMA

WHAT CONDITION?

Depression	35%
Anxiety disorder	26%
Dyslexia	11%
Dyspraxia	6%
Asperger's/ Autism	4%
Personality Disorder	4%
Bipolar	2%
OCD	2%
Eating disorder	1%
Panic attacks	1%
PTSD	1%
Social phobia	1%
ADHD	1%
Dissociative disorder	1%
Learning difficulty	1%
Paranoia	1%
Selective Mutism	1%
Trichotillomania	1%

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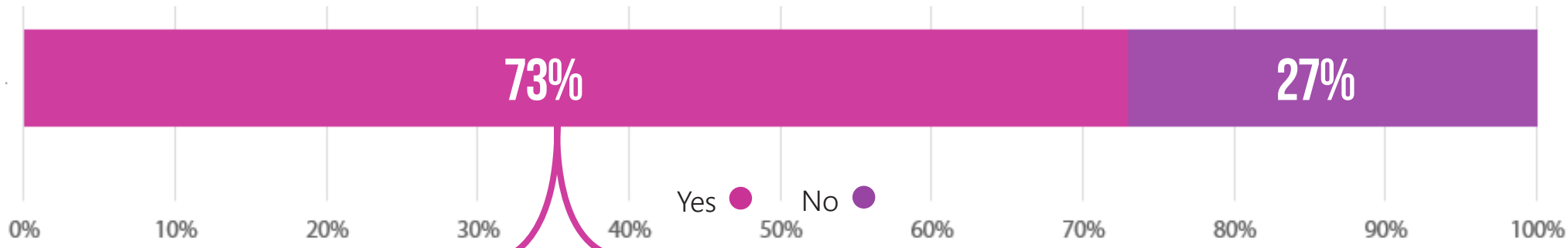
Part II: Challenges

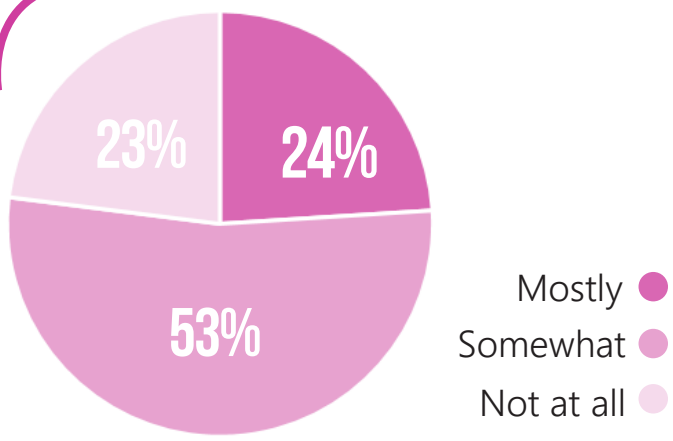
FINANCES

Do you struggle to cope at times due to worries about your finances?



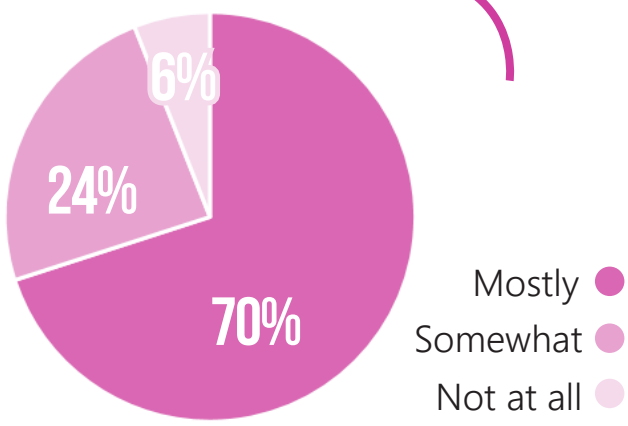
LONG TERM DEBT WORRIES

i.e. student loans or other debts?



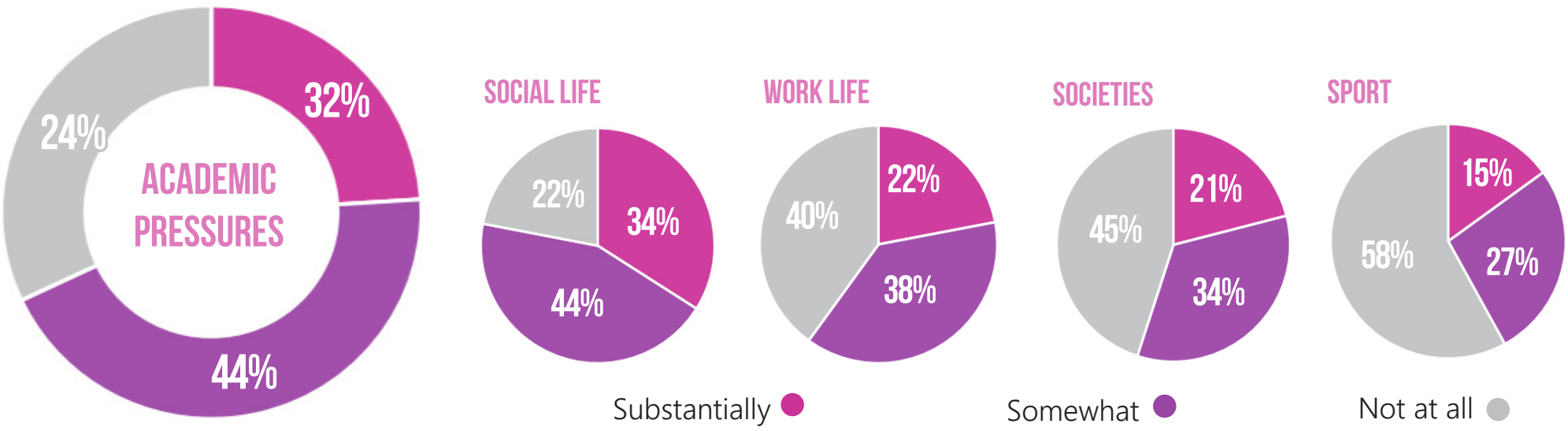
SHORT TERM PROBLEMS

i.e. inability to finance living expenses year to year



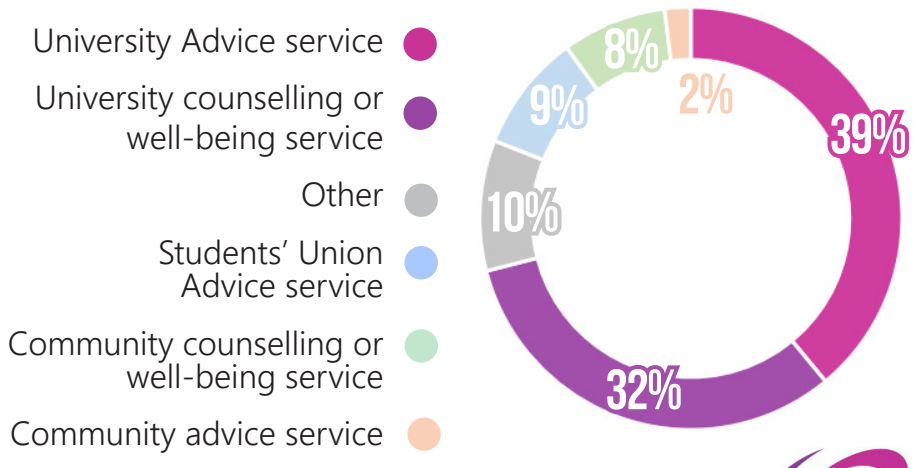
IMPACT

To what degree do your financial worries impact on your ability to cope with academic pressures or other aspects of student life?



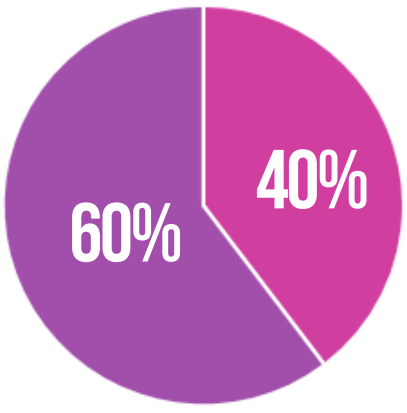
SUPPORT

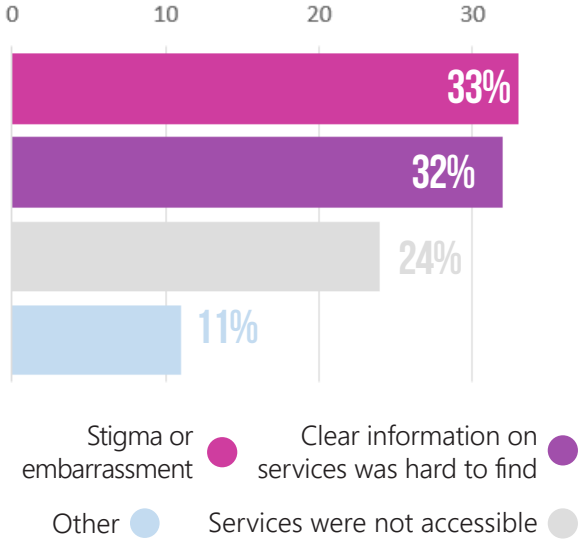
Which (if any) advice or well-being services have you used to help you cope with financial or other worries?



BARRIERS

Did you find there were some barriers to accessing support? Which ones?





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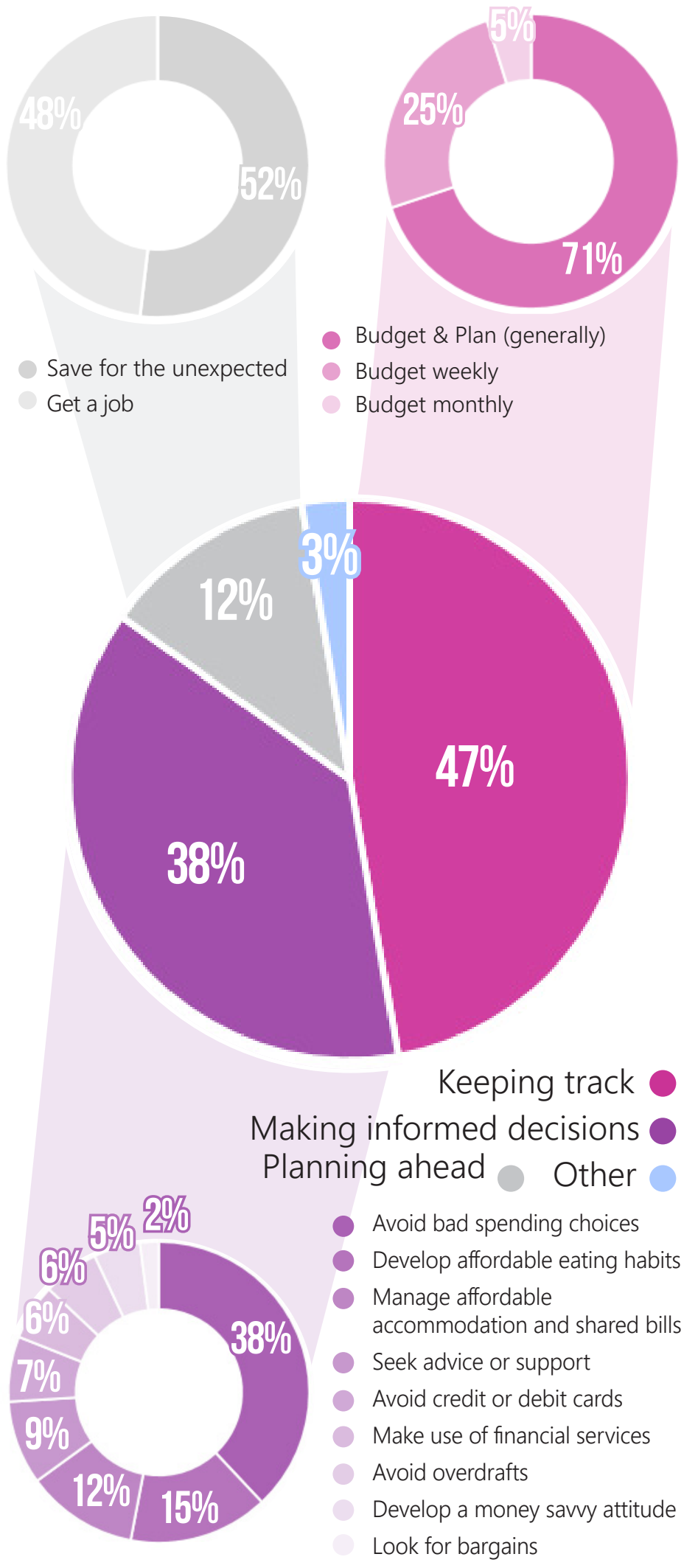
Part III: Student Top Tips

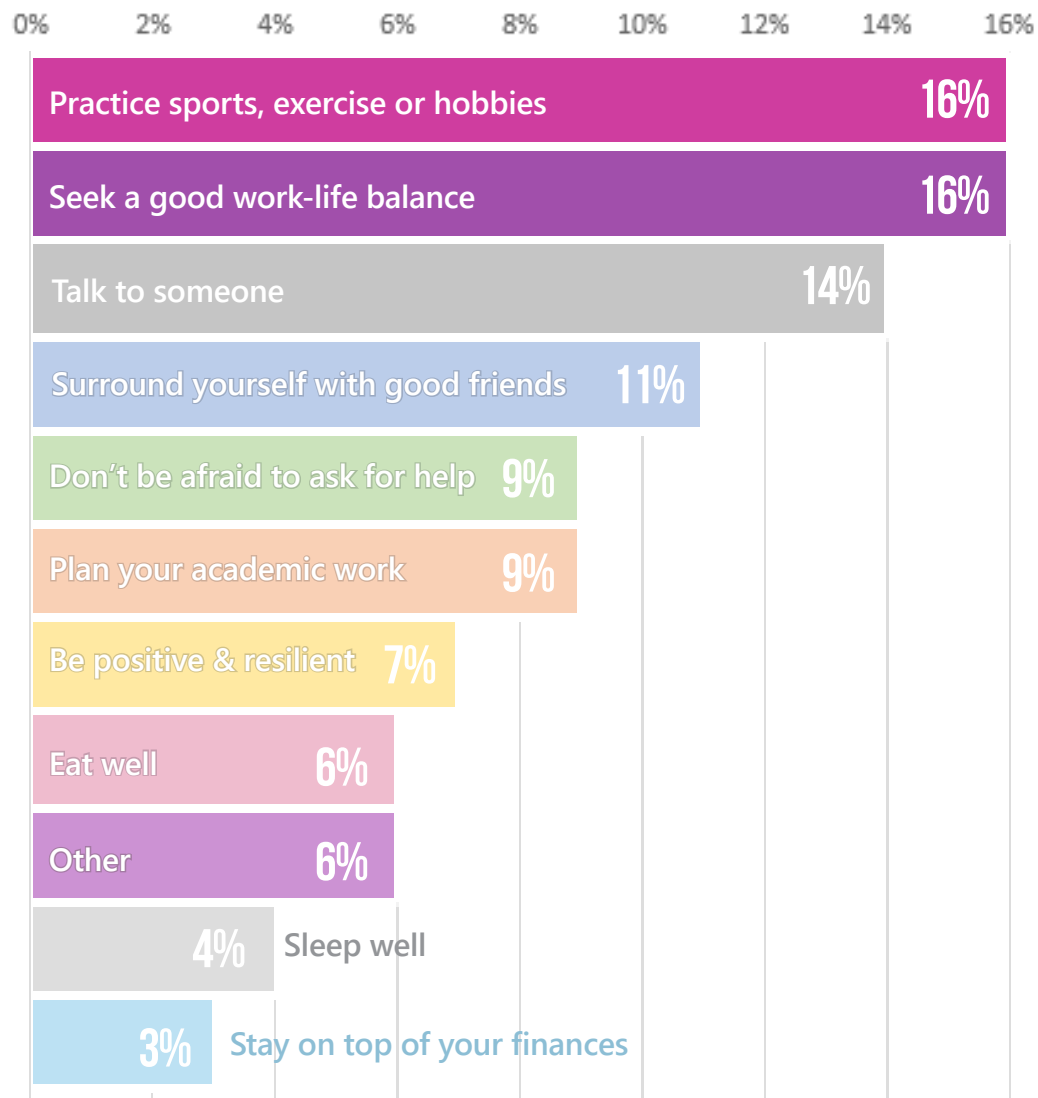
MANAGING MONEY

Students' Top Tips for managing money better



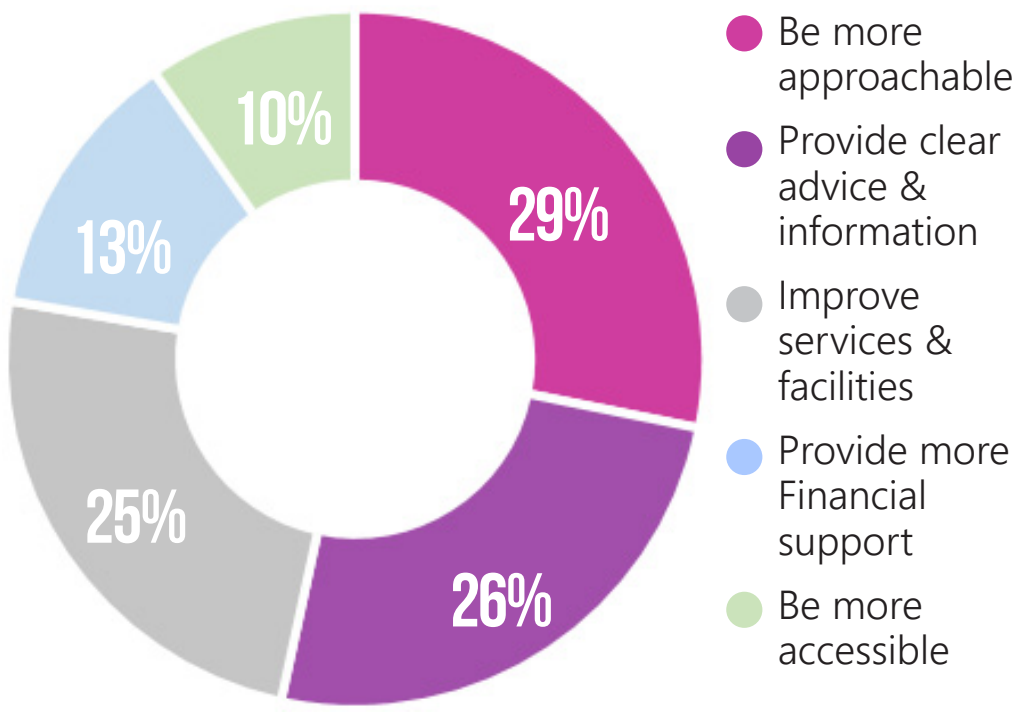
MENTAL HEALTH

Students' Top Tips for coping better with mental health



SERVICE IMPROVEMENTS

Students' Top Tips to University Services



Thank you to all the students who engaged with this research so bravely and openly. Of course very big thanks to our members for distributing the survey to their students. We hope you all find the results both useful and insightful.

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