Addressing issues relating to mental health is of ever-increasing importance, particularly among university students. Prior focus has been on university undergraduate populations, leaving gaps in the research conducted on graduate students. Graduate students report above average stress, higher levels of depression and anxiety, and greater feelings of hopelessness and suicide compared to the general population. Students face intense academic and financial stressors with additional factors such as family planning and limited social support.

The objective of this study is to identify and evaluate trends in the utilization of mental health services at a large public university from 2015-2021 and to further evaluate the effect of the Covid-19 pandemic on utilization.

• 28,685 appointments were made by 3,708 distinct students.
• Relative to the university population, females constituted a significantly higher percentage of CAPS students (60.6% vs. 51.5%, p<0.01). This is consistent with literature indicating that women are more likely to utilize mental health services.
• There was a significant (p<0.01) increase in individual talk therapy appointments as well as a significant (p<0.001) decrease in emergency/crisis appointments during the pandemic.
• Individual talk therapy represents the largest segment of service utilization, followed by medication appointments.
• Arts and Sciences, Law, and Medicine were the programs that saw the most utilization of CAPS.

Next steps for this study involve further investigating why specific cohorts of students are more or less likely to utilize services.