

2026

AMLÉ & Ulster  
University



# STUDENT MENTAL HEALTH

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**INITIAL RESULTS**



**In Autumn 2025 Aontas na Mac Léinn in Éirinn (formerly the Union of Students in Ireland), in partnership with Ulster University launched a survey on Gambling, Substance Use and Mental Health among students in third level education across the Island of Ireland. The study was funded by the Gambling Regulatory Authority of Ireland.**

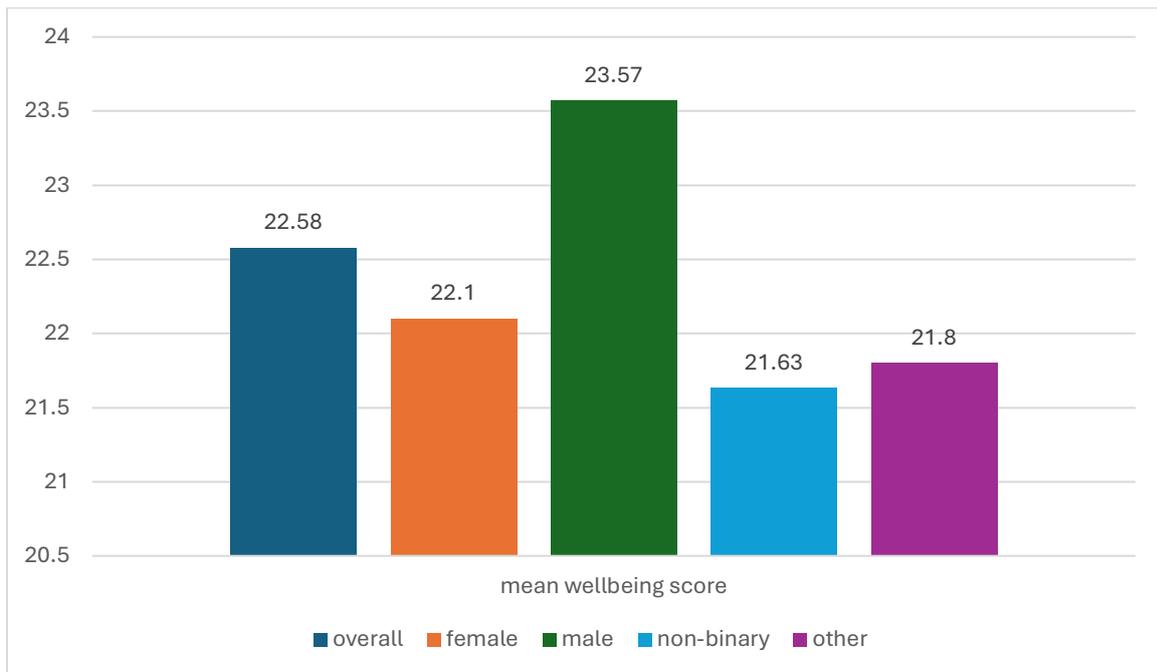
**There has never previously been data available on gambling behaviours of students in Ireland. Data does exist on substance use and mental health in students, however, the most recent data was collected either before or during the COVID-19 pandemic, so it was important to gather more up-to-date data.**

**904 students took part; with 545 females, 311 males, 38 non-binary and 10 students who identified as another gender identity taking part. The findings presented here represent initial, high-level findings from that data on mental health. Data from the gambling and substance use sections are available in their respective reports. Further analysis will take place in due course.**

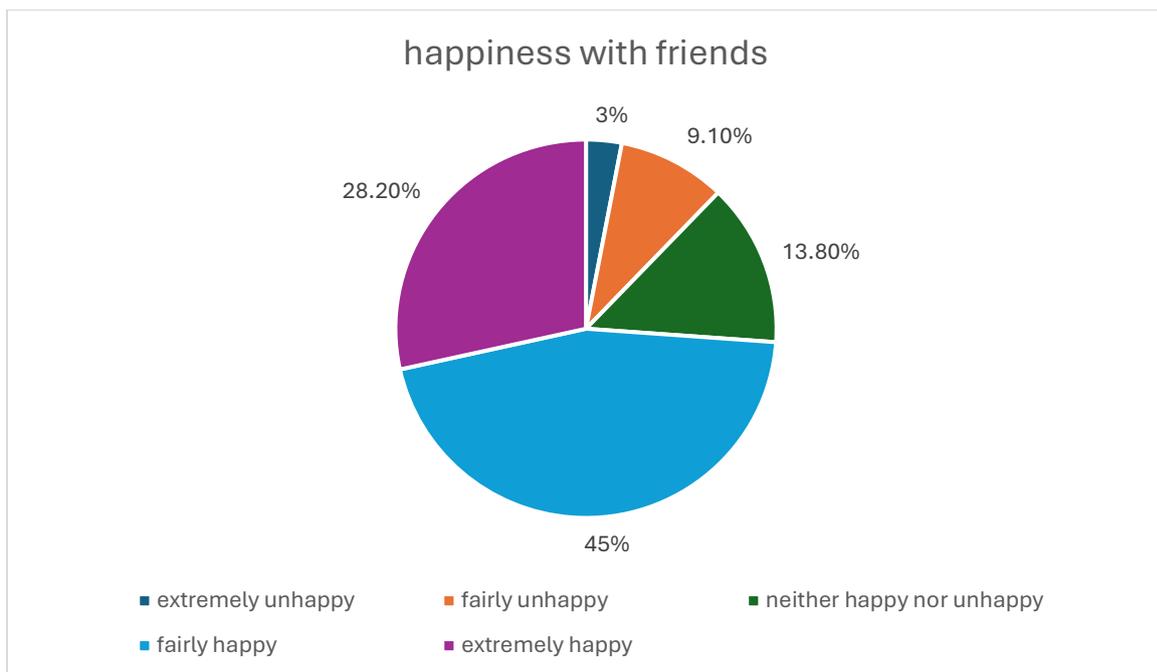
**The researchers would like to thank the Gambling Regulatory Authority of Ireland for their funding, as well as all the students who took the time to complete the survey.**

**For any queries related to this study, please contact Sarah Hughes, Mental Health Programme Manager, Aontas na Mac Léinn in Éirinn at [mentalhealth@amle.ie](mailto:mentalhealth@amle.ie).**

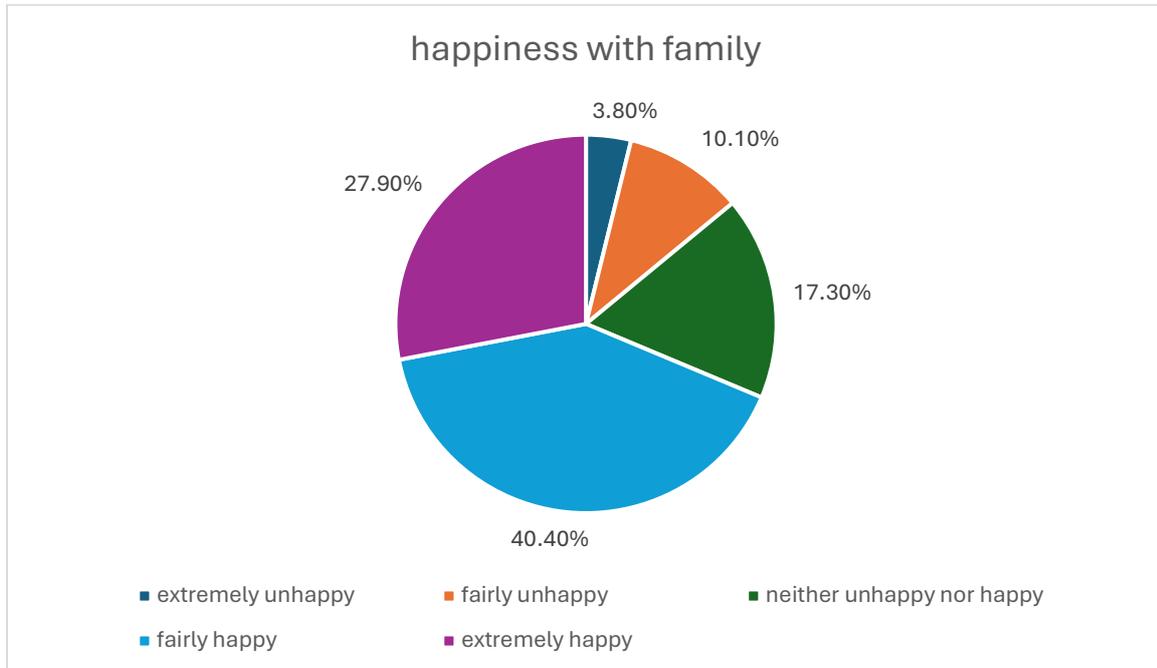
### Mean WEBWMS wellbeing score (n = 904)



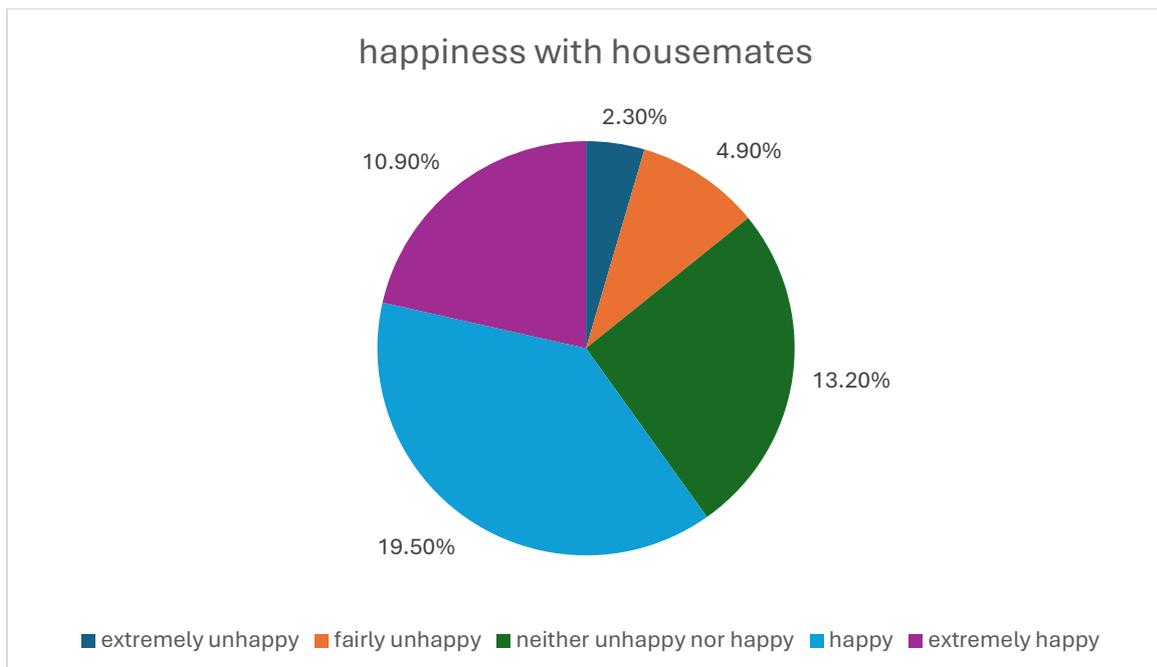
### All things considered, what is participants' degree of happiness with friends (n = 904)?



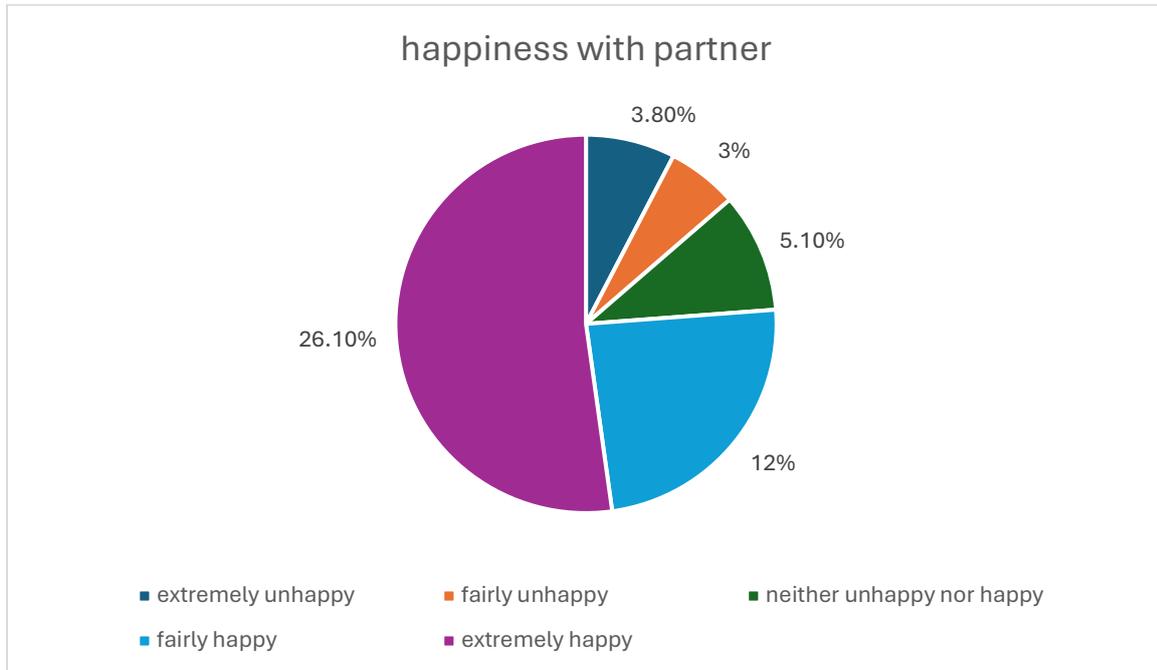
**All things considered, what is participants' degree of happiness with family (n = 904)?**



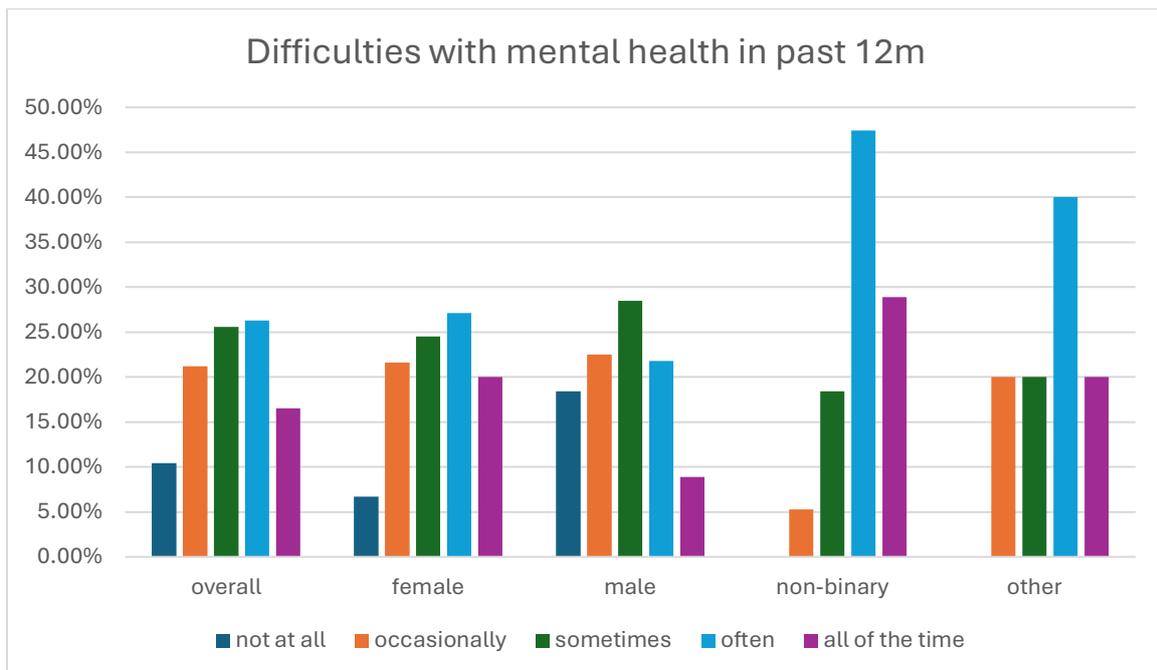
**All things considered, what is participants' degree of happiness with housemates (n = 904)?**



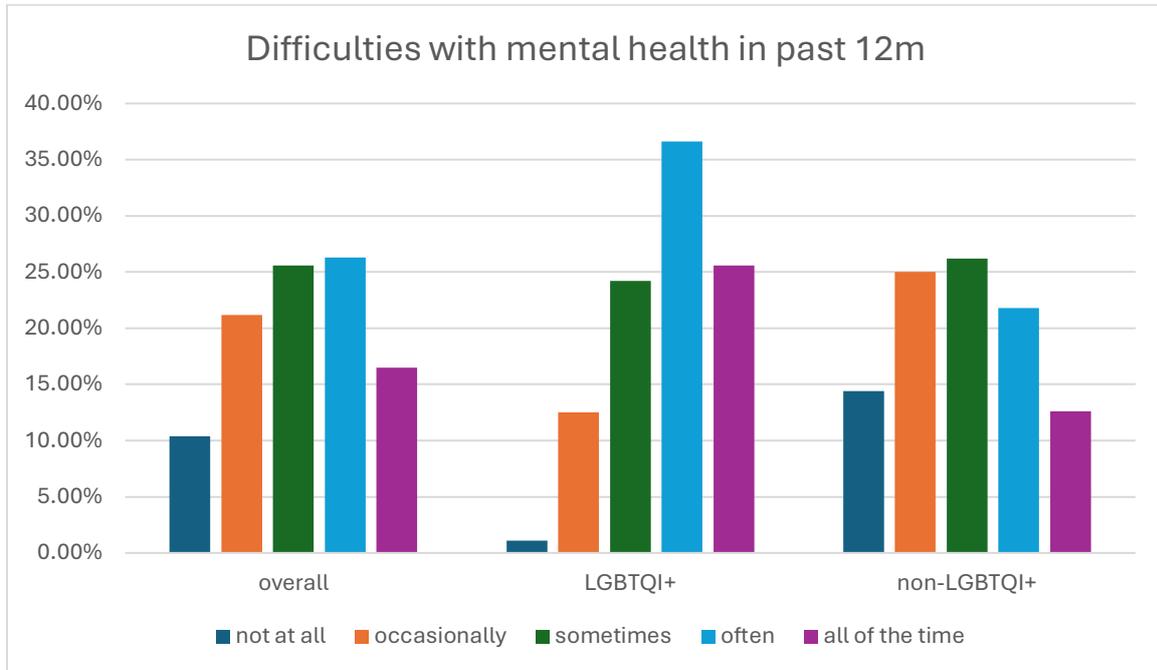
**All things considered, what is participants' degree of happiness with partner (n = 904)?**



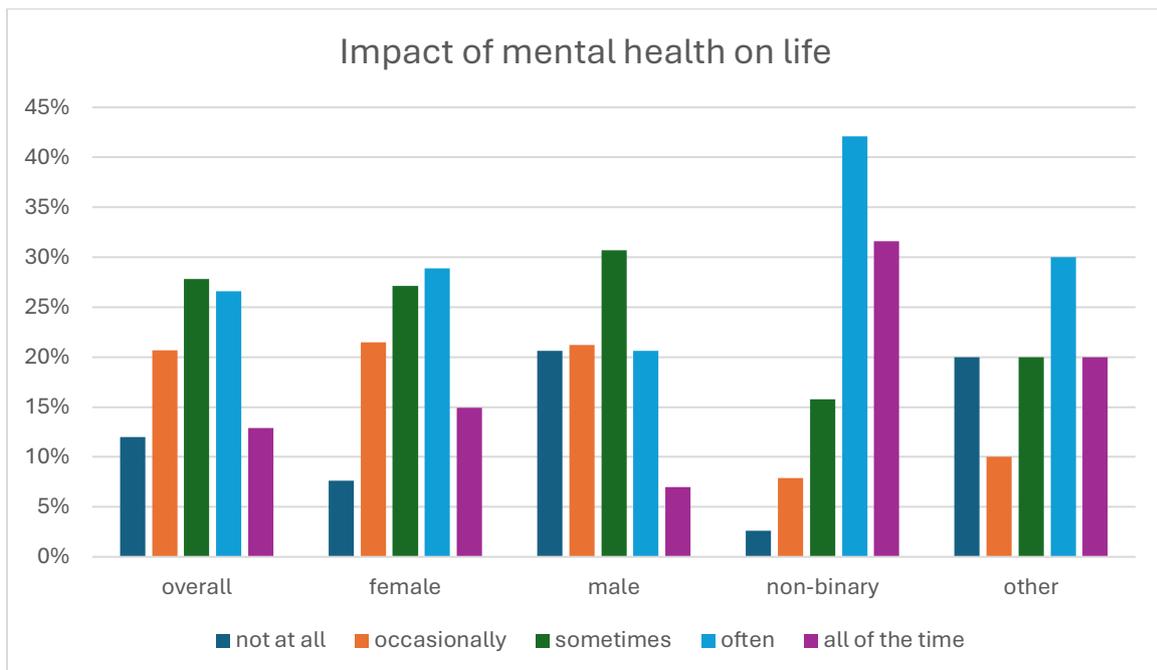
**Does participant or has participant experienced difficulties with their mental health in the past 12 months (n = 904)?**



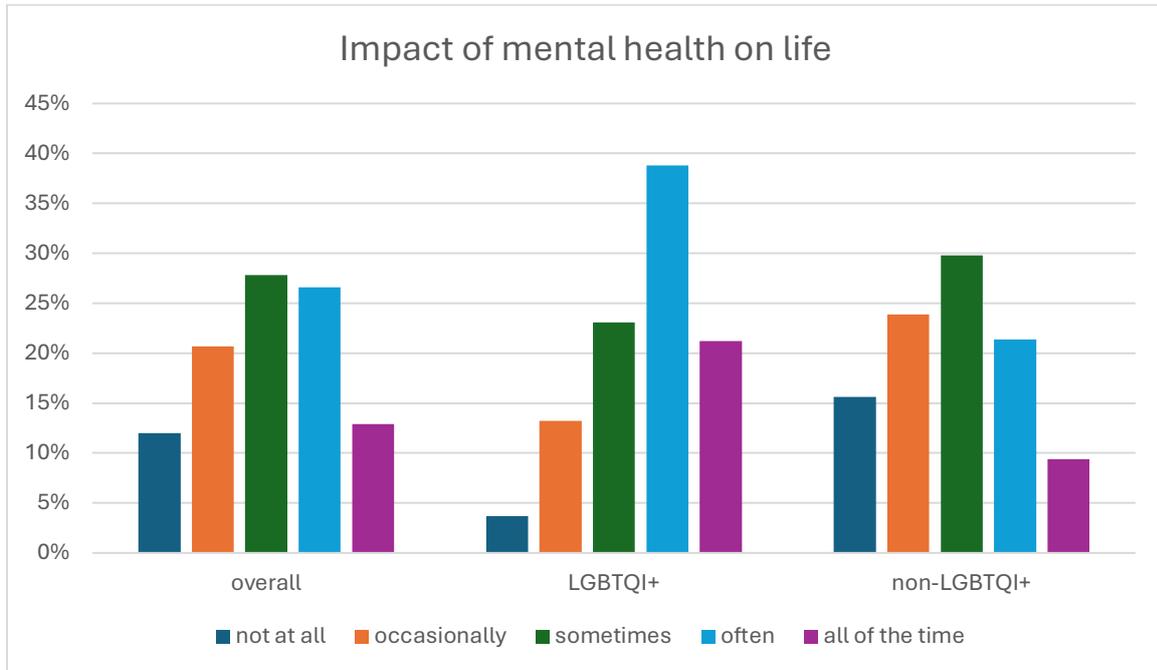
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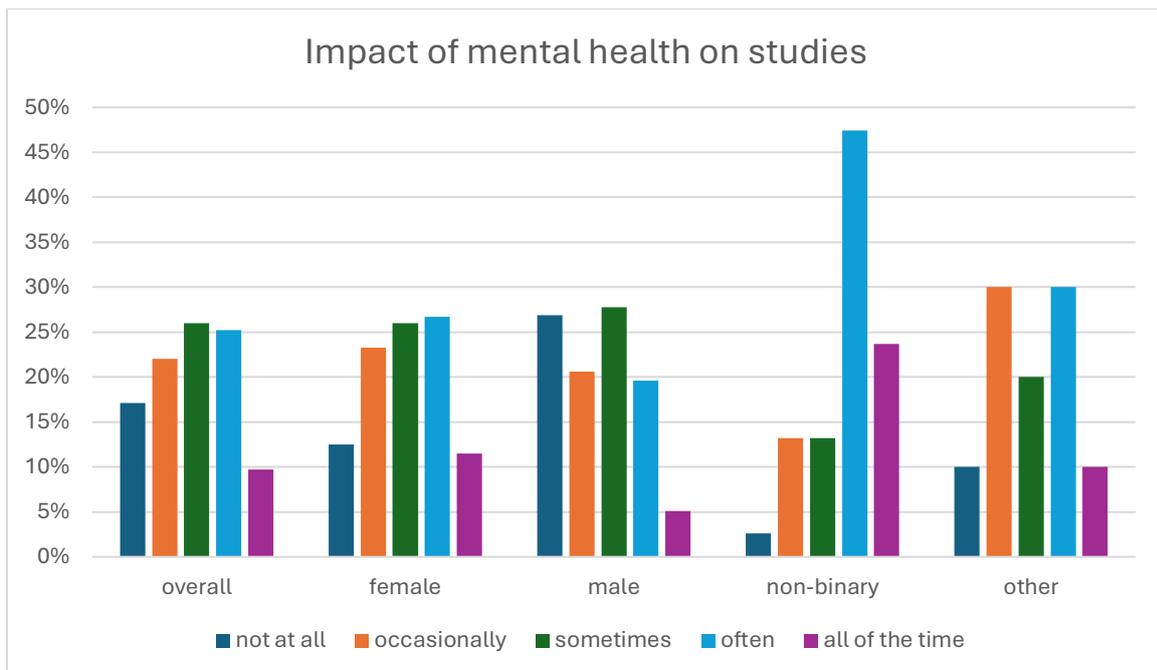
**To what extent have difficulties with participants' mental health affected participants' life (n = 904)?**



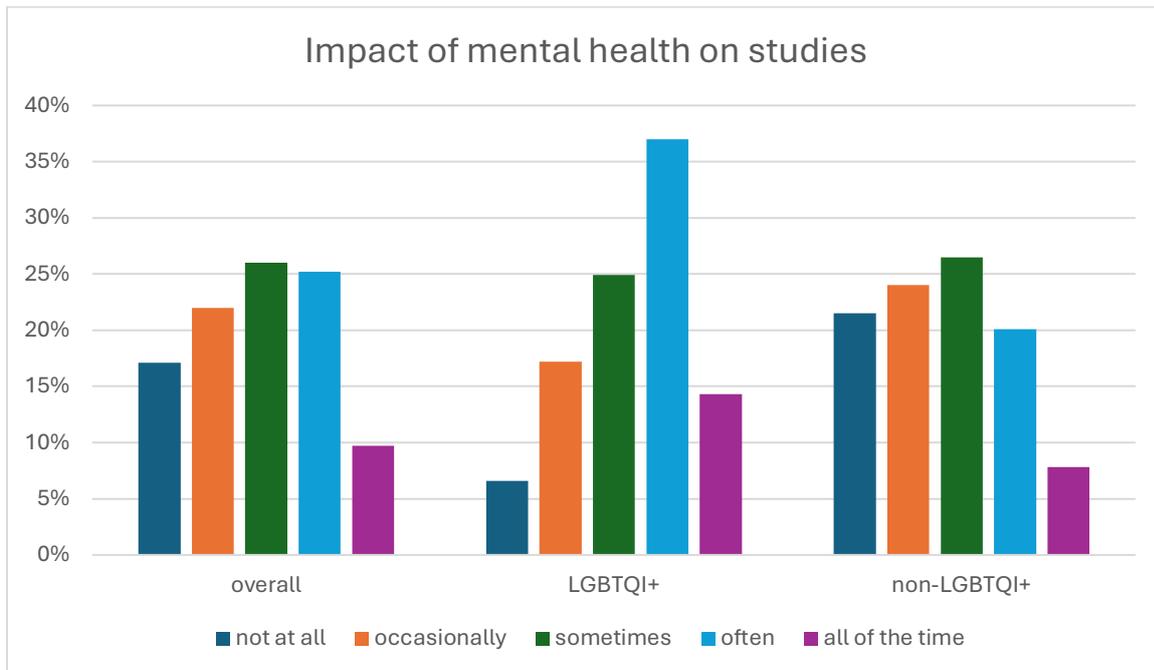
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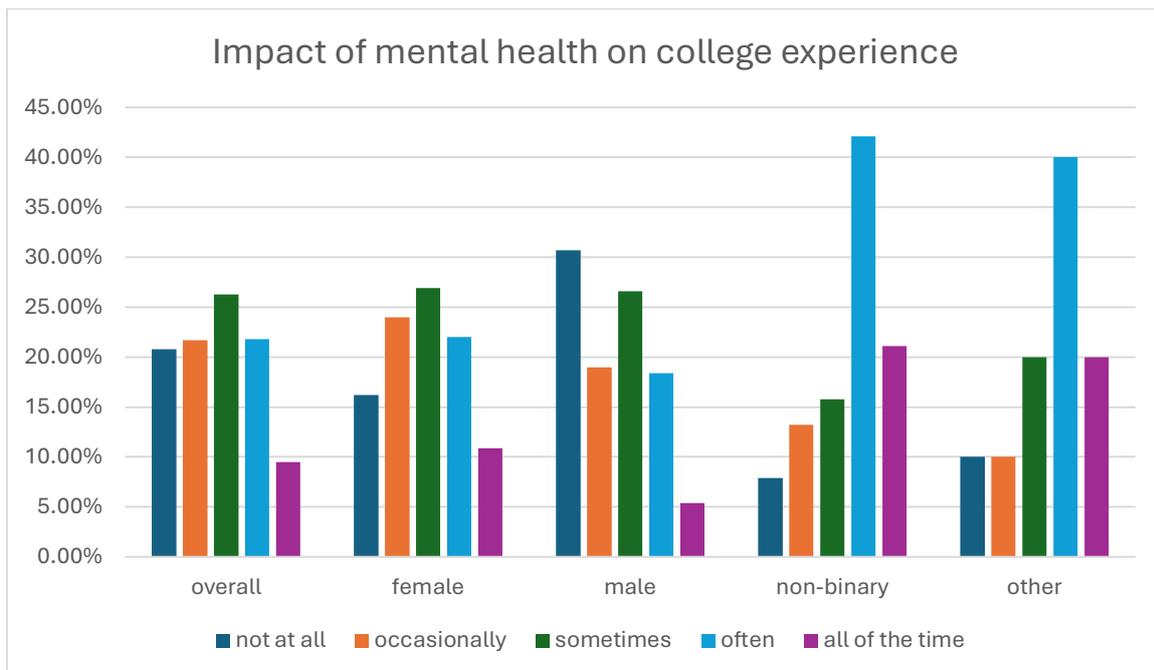
**To what extent have difficulties with participants' mental health affected participants' studies (n = 904)?**



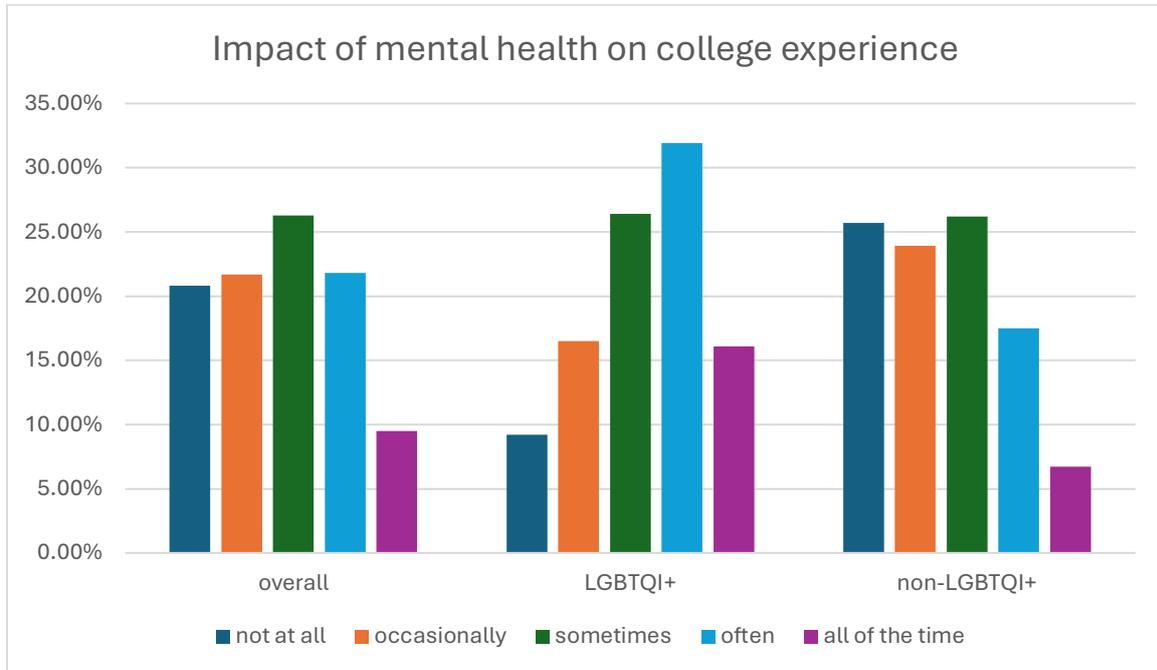
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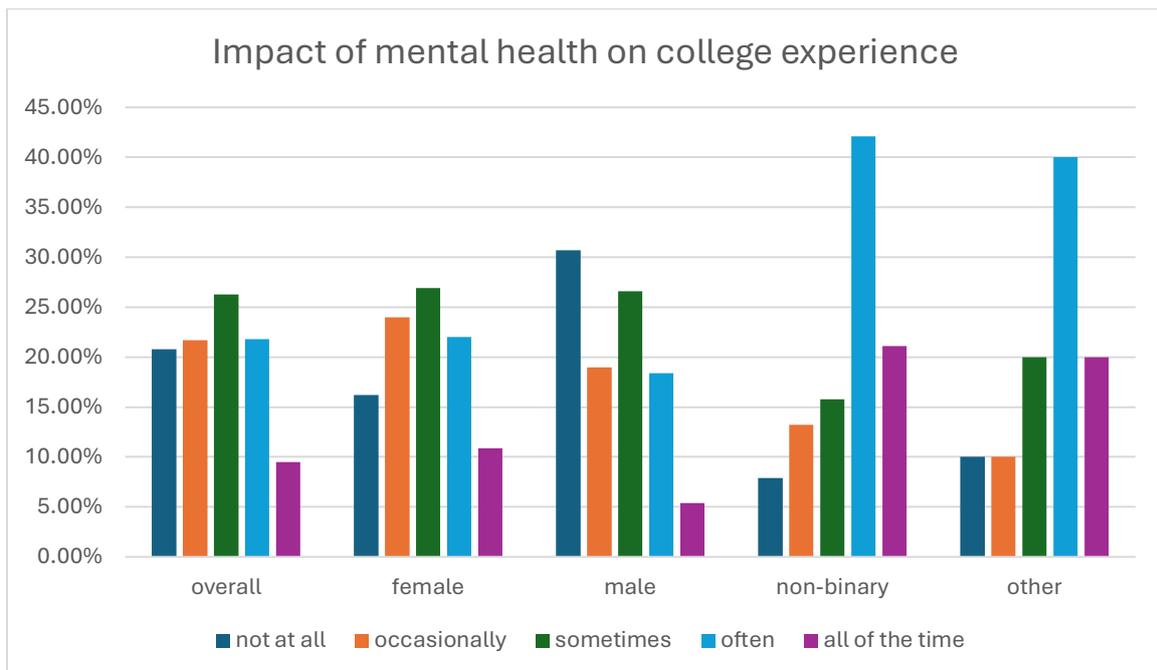
**To what extent have difficulties with participants' mental health affected participants' overall experience at college (n = 904)?**



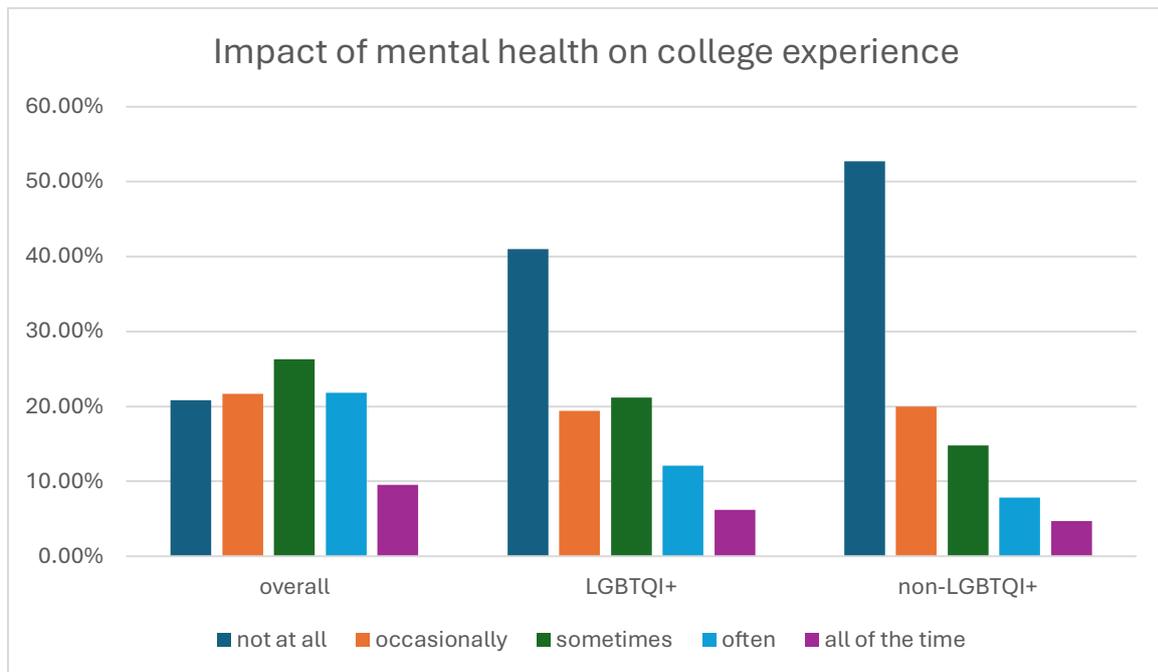
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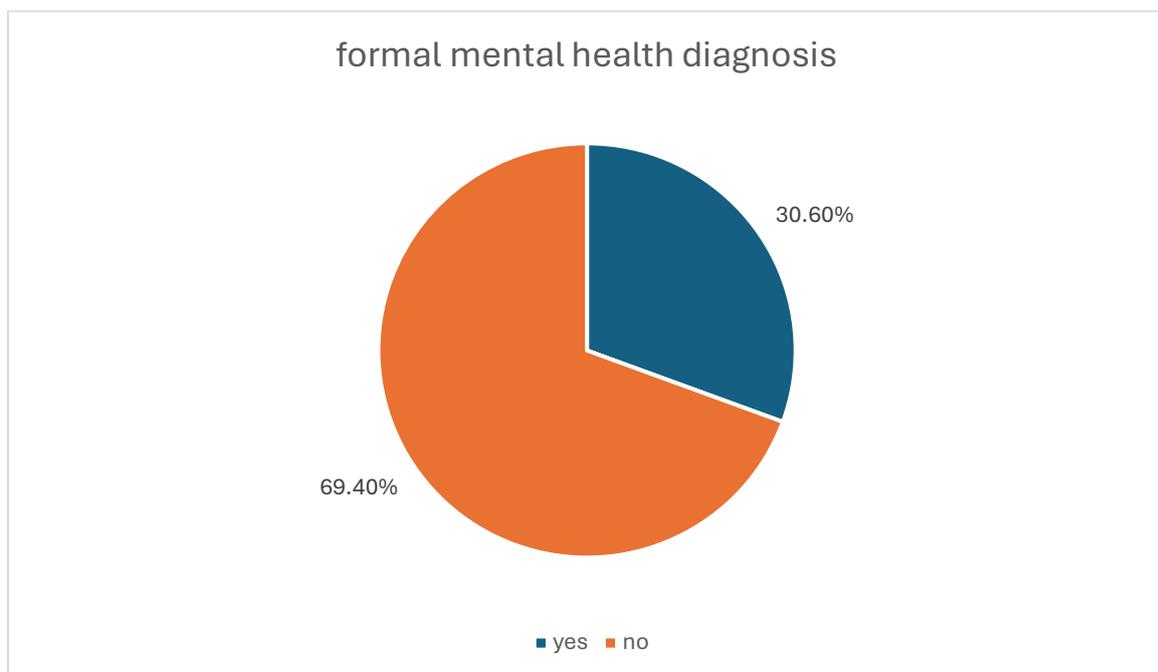
**To what extent has participants' mental health made them consider leaving college (n = 904)?**



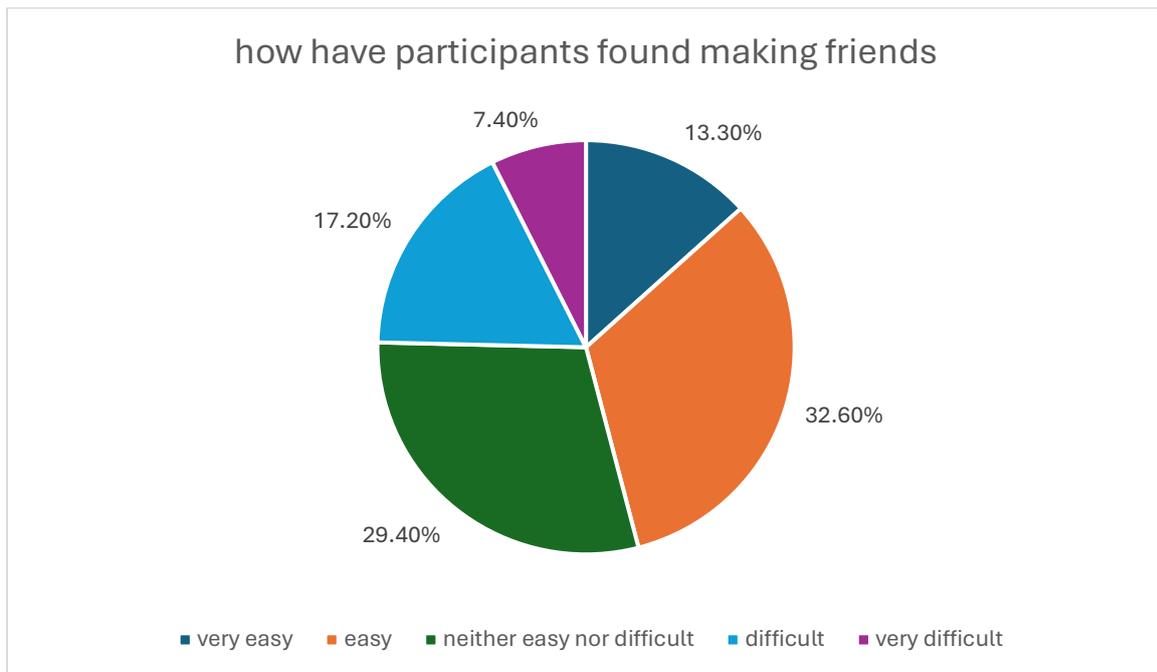
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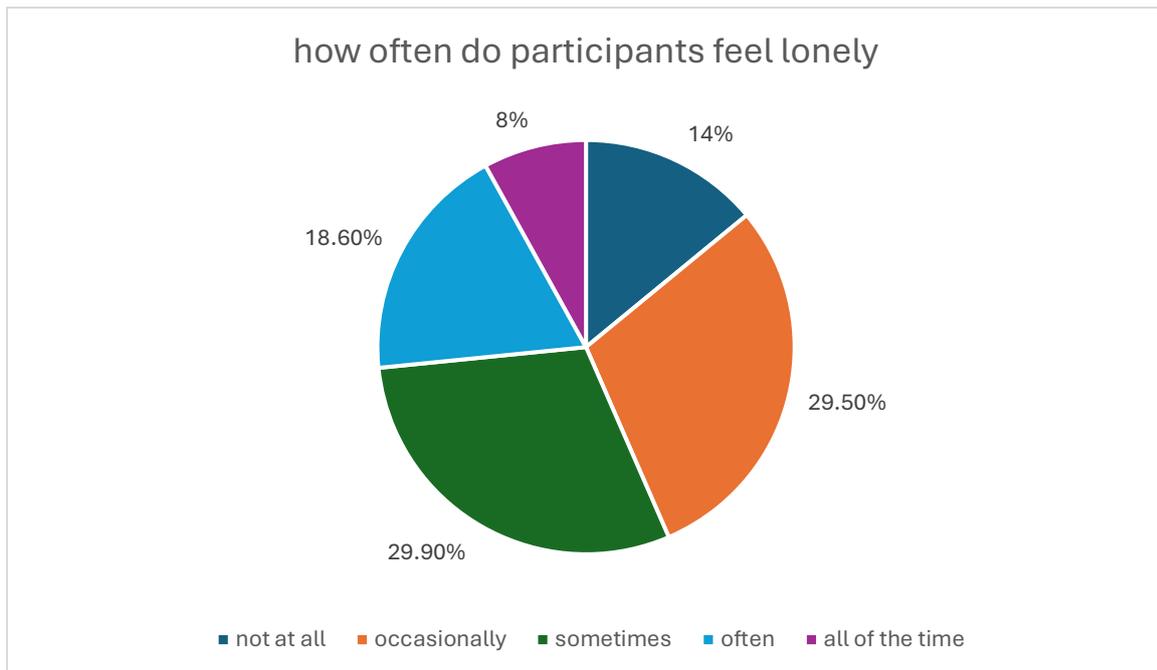
**Have participants ever had a formal diagnosis of a mental health illness (n = 904)?**



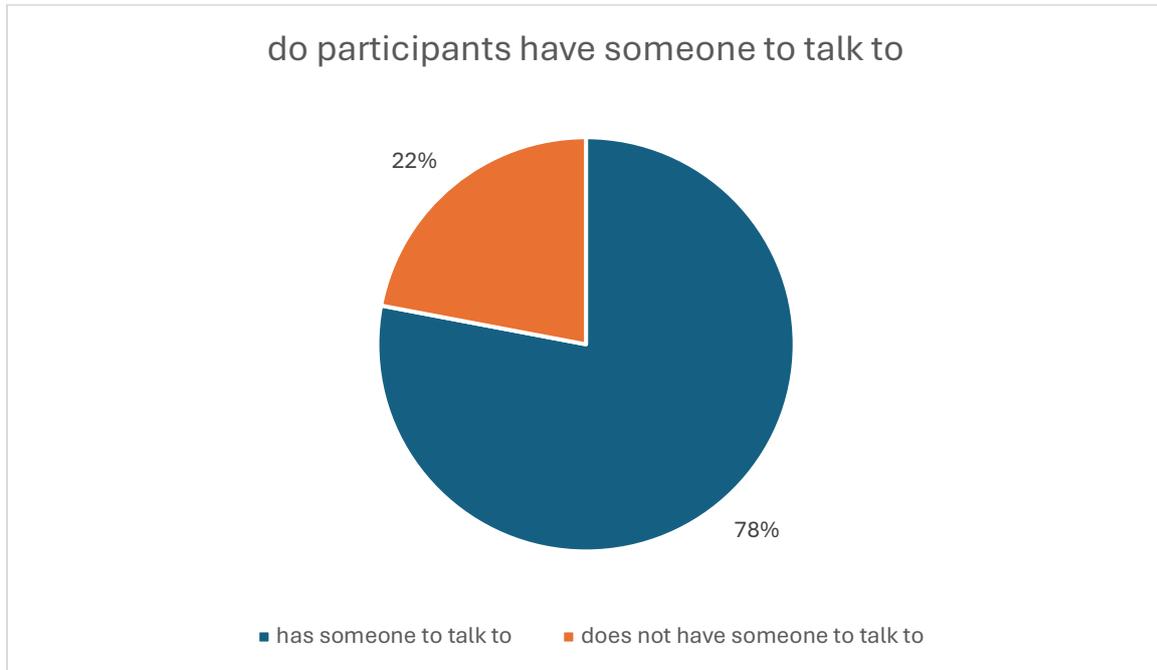
### How have participants found making friends with other students (n = 904)?



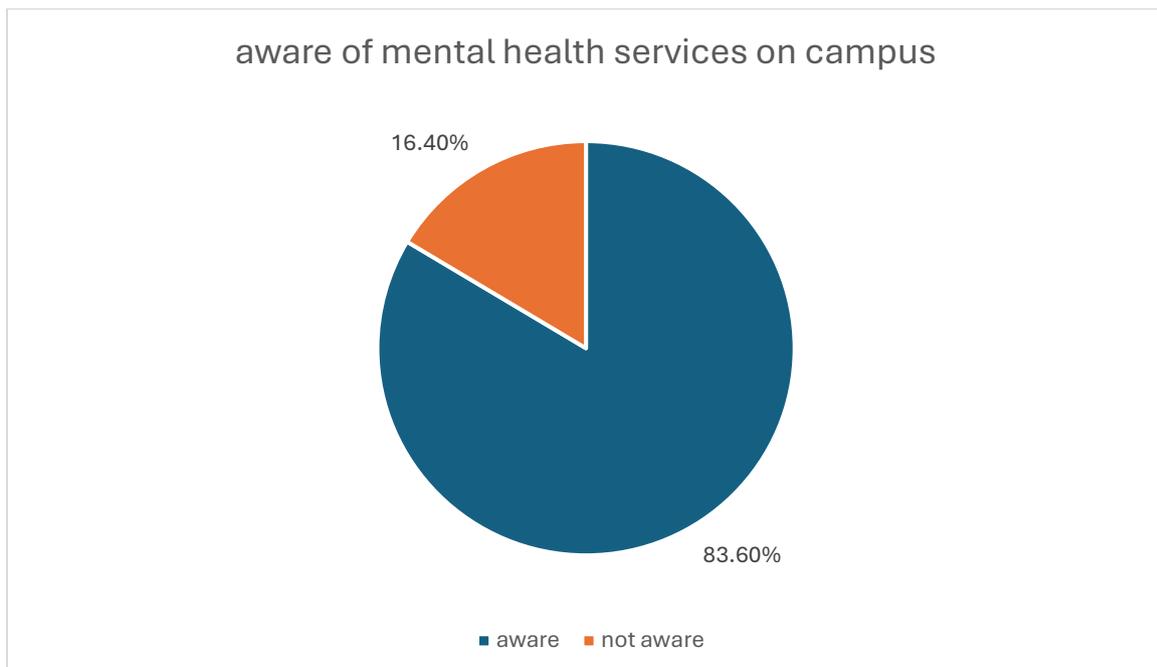
### To what extent do participants feel lonely (n = 904)?



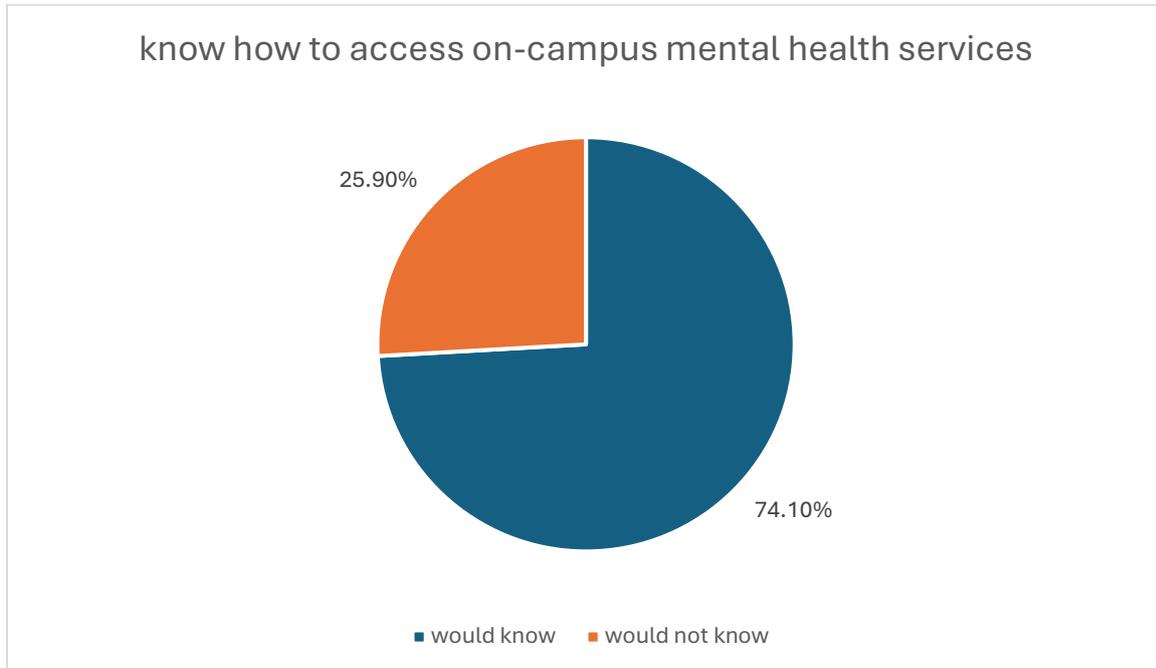
**Do participants have someone to talk to about personal or emotional difficulties (n = 904)?**



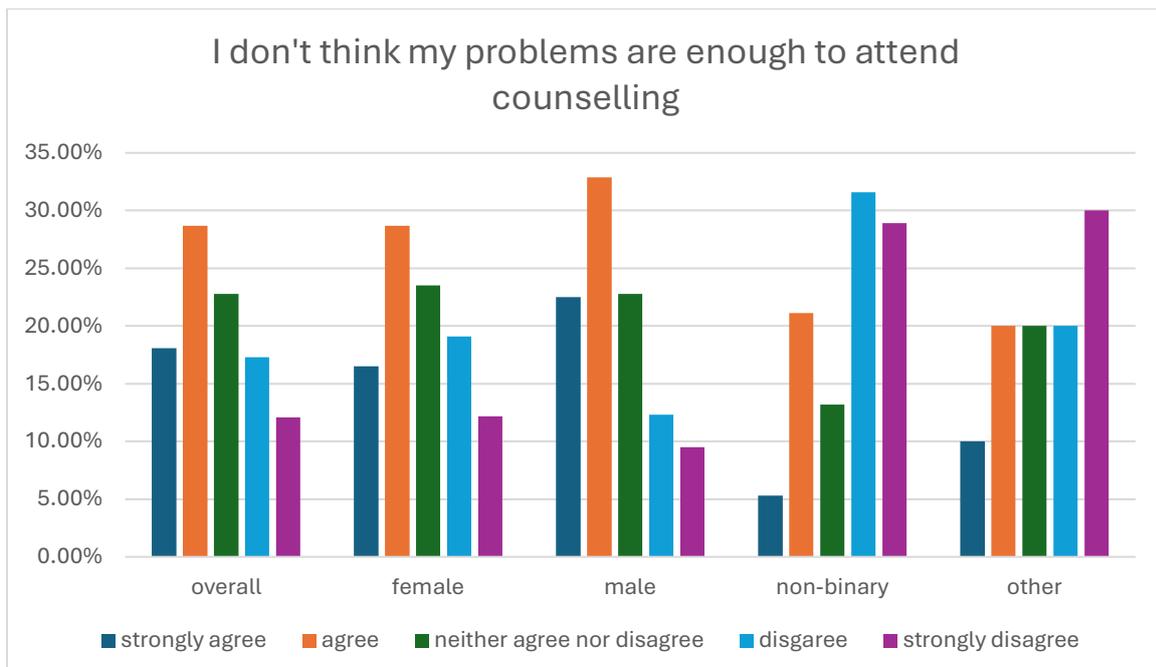
**Are participants aware of on-campus services to support their mental health (n = 904)?**



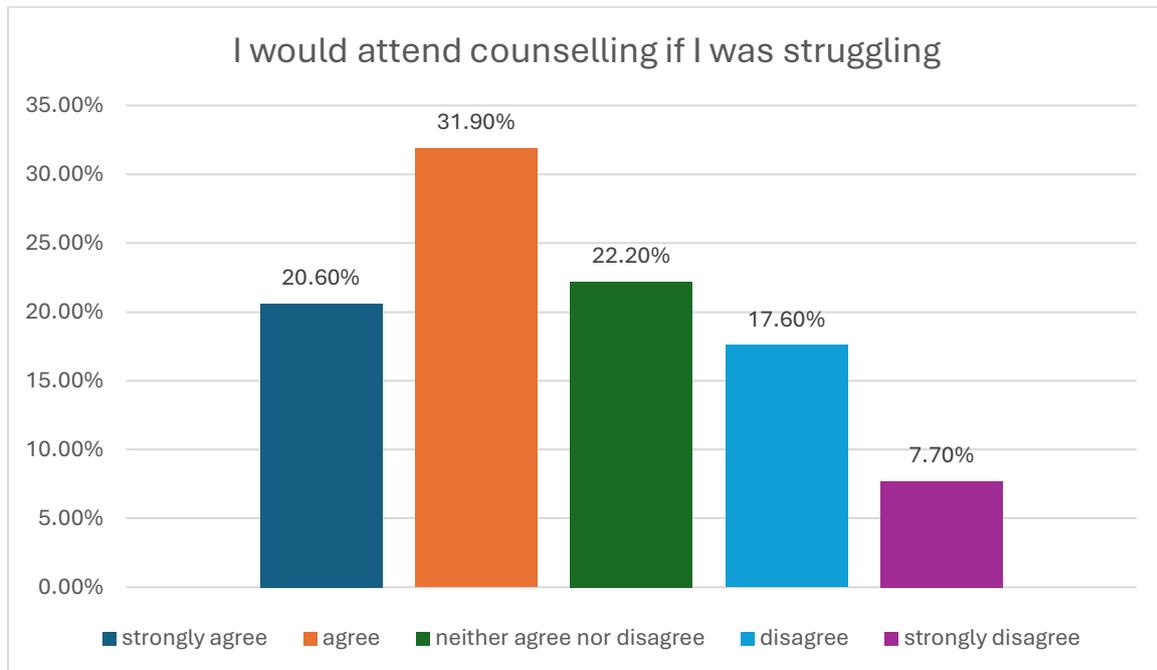
**Would participants know how to access those services if they or a friend needed them (n = 904)?**



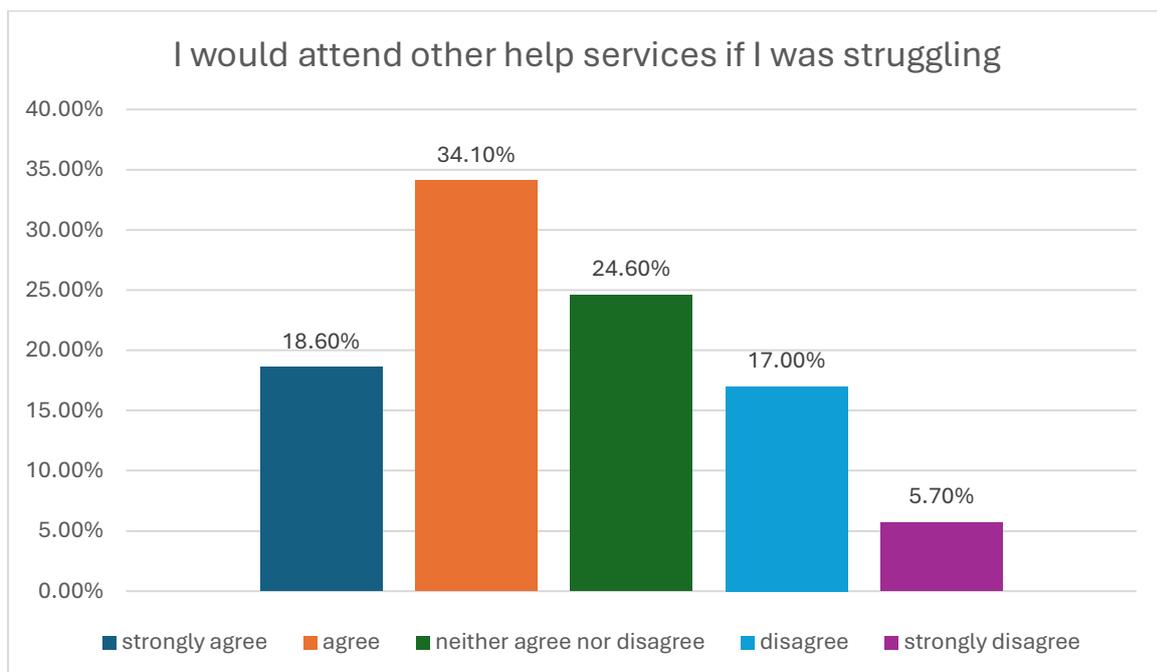
**To what extent do participants agree that they don't think their problems are enough to attend counselling (n = 904)?**



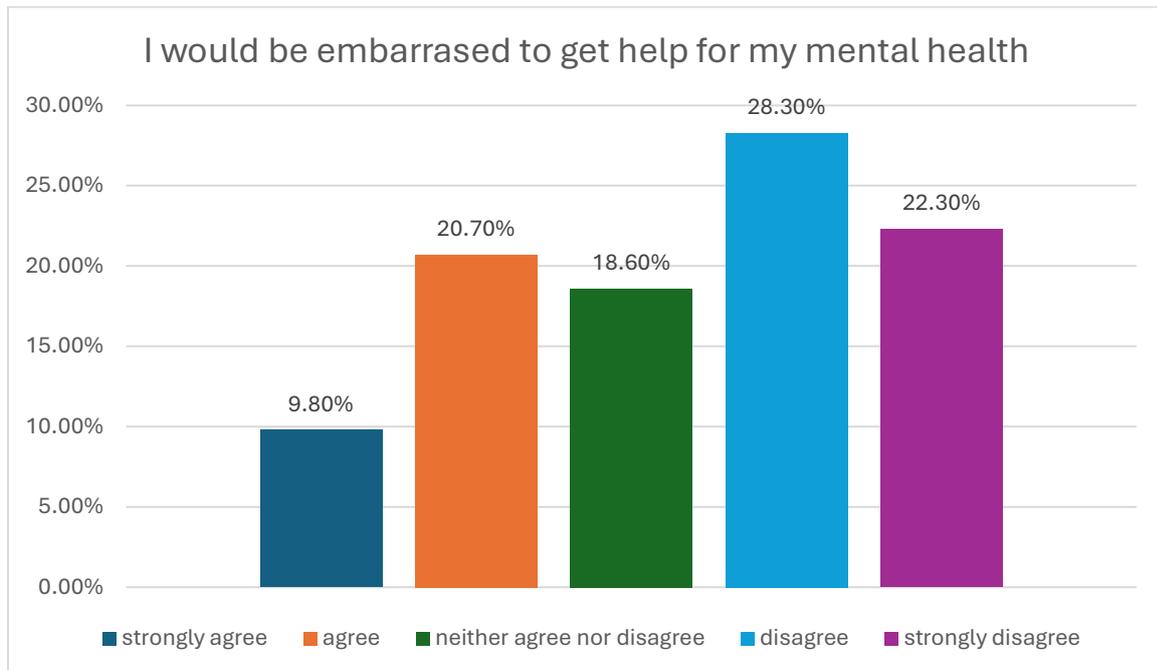
**To what extent do participants agree that they would attend the counselling service if they were struggling with their thoughts or feelings (n = 904)?**



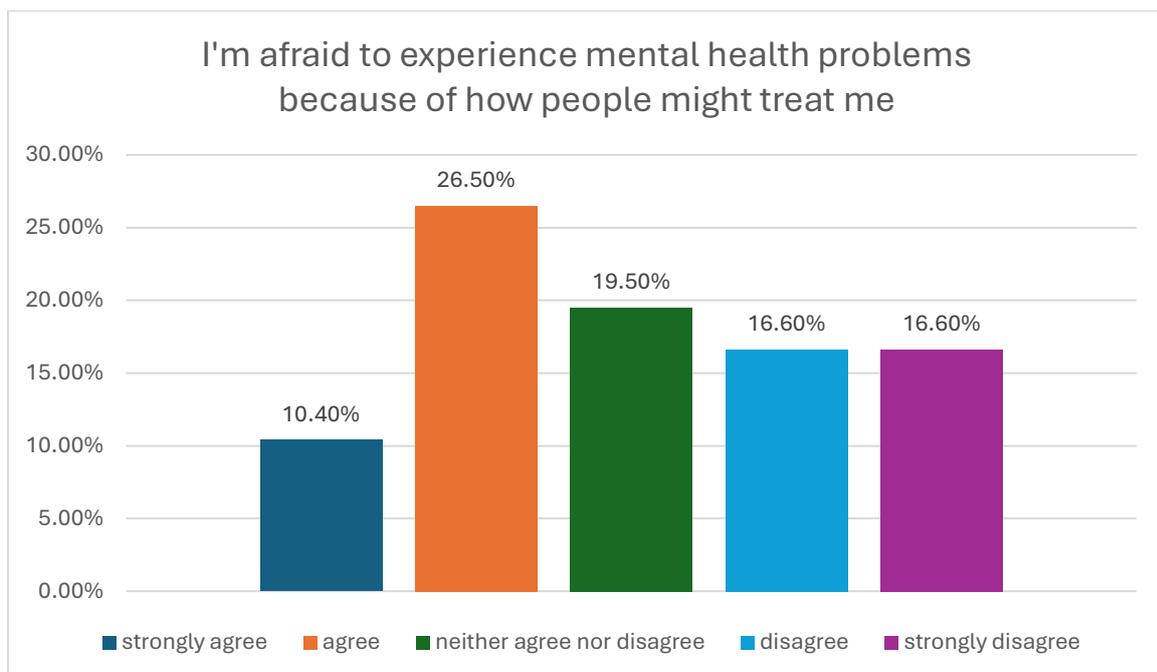
**To what extent do participants agree that they would attend other help services (other than the counselling service) if they were struggling with their thoughts or feelings (n = 904)?**



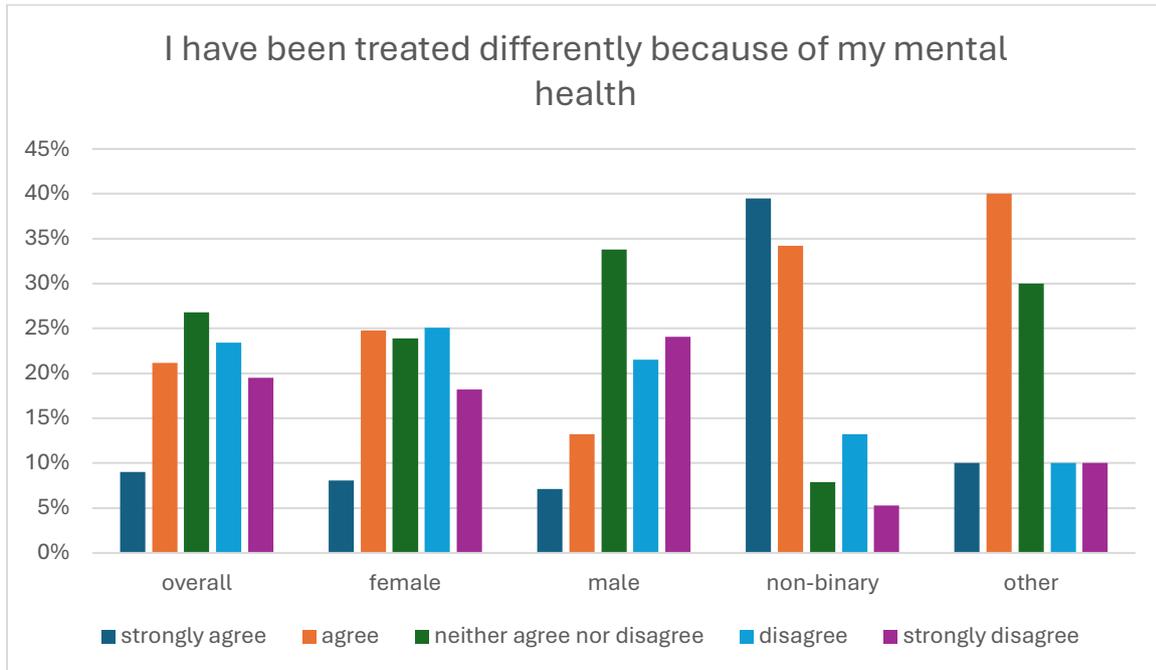
**To what extent do participants agree that they would be embarrassed to get help for their mental health (n = 904)?**



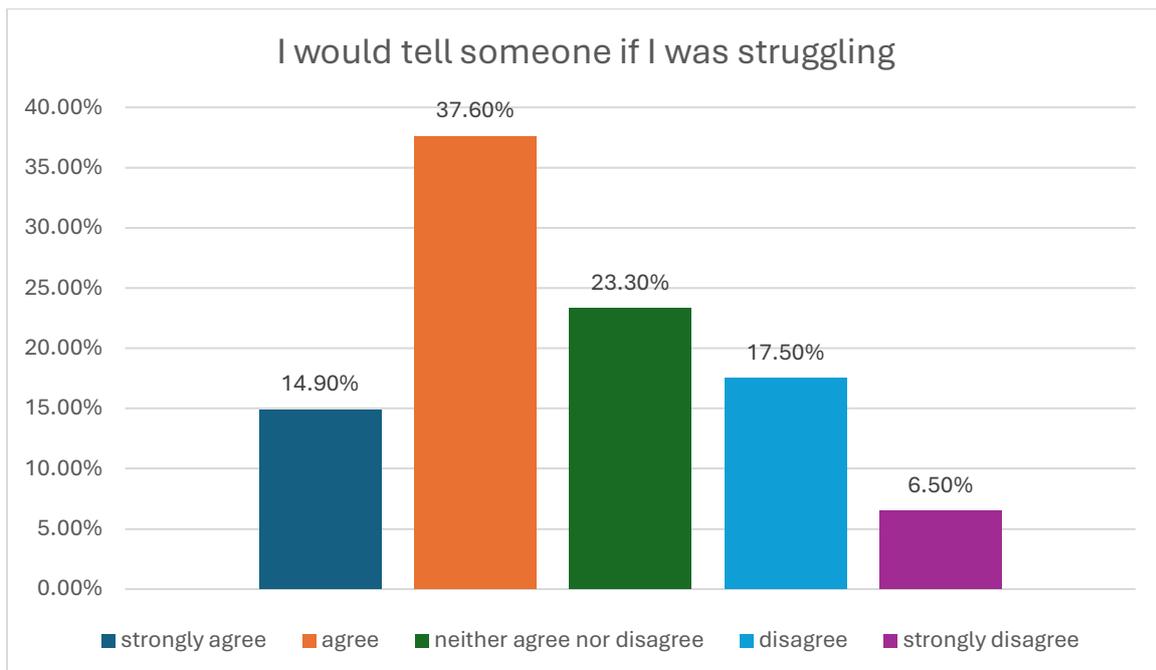
**To what extent do participants agree that they are afraid of experiencing mental health difficulties because of how people might treat them (n = 904)?**



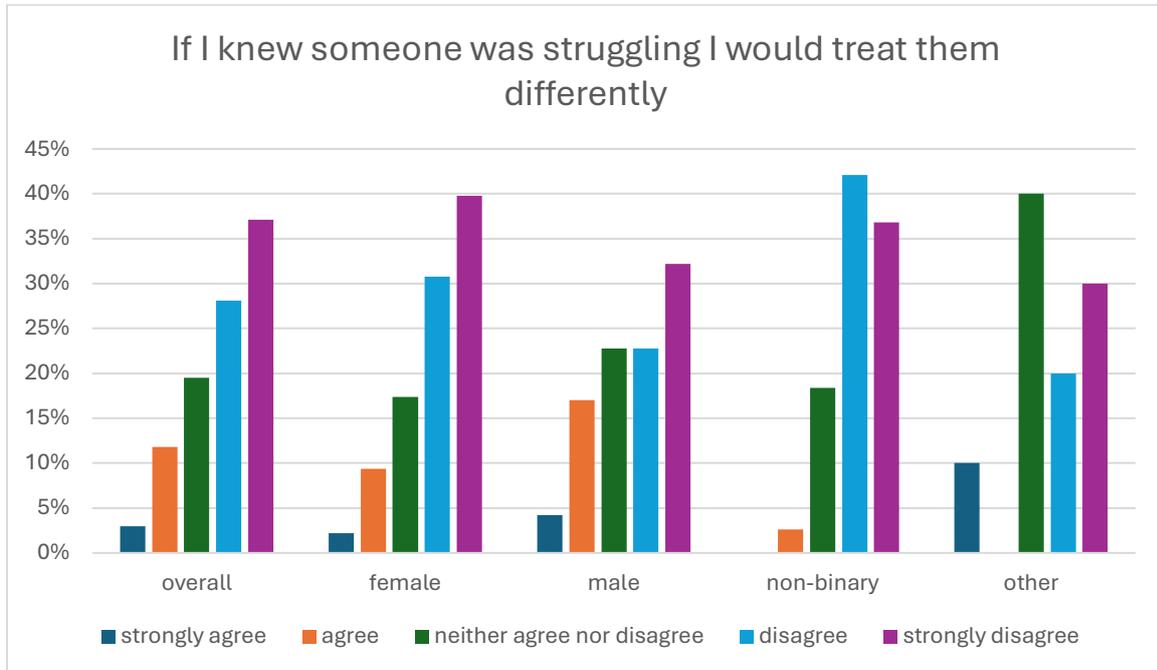
**To what extent do participants agree that they have been treated differently because of their mental health (n = 904)?**



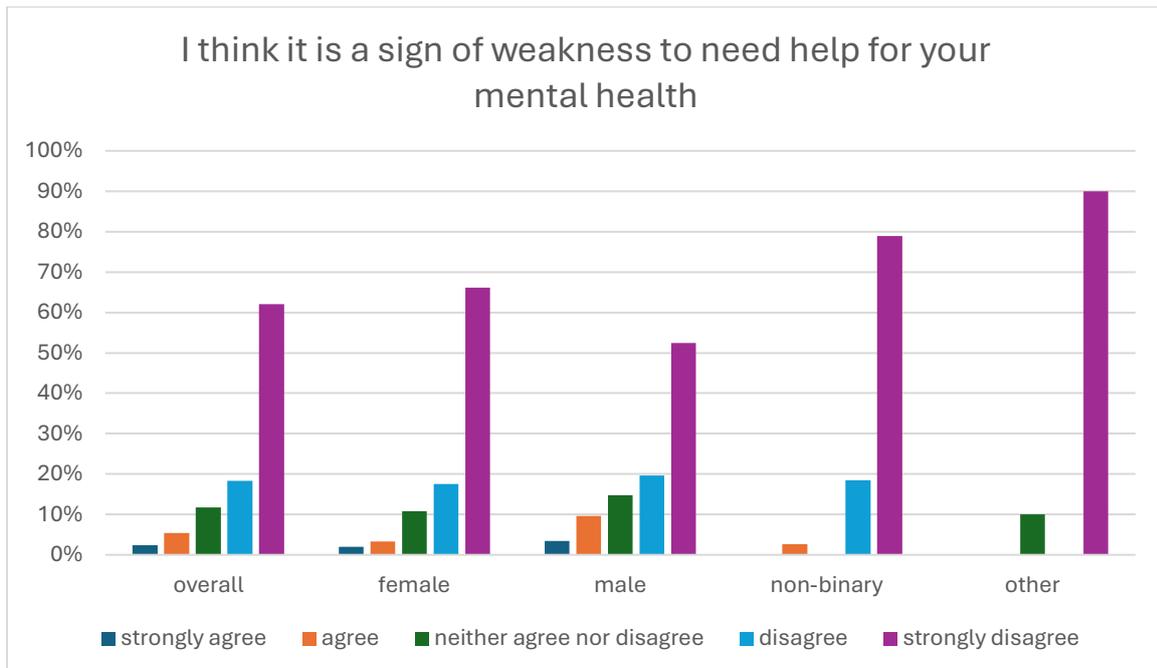
**To what extent do participants agree that they would tell someone if they were struggling with their mental health (n = 904)?**



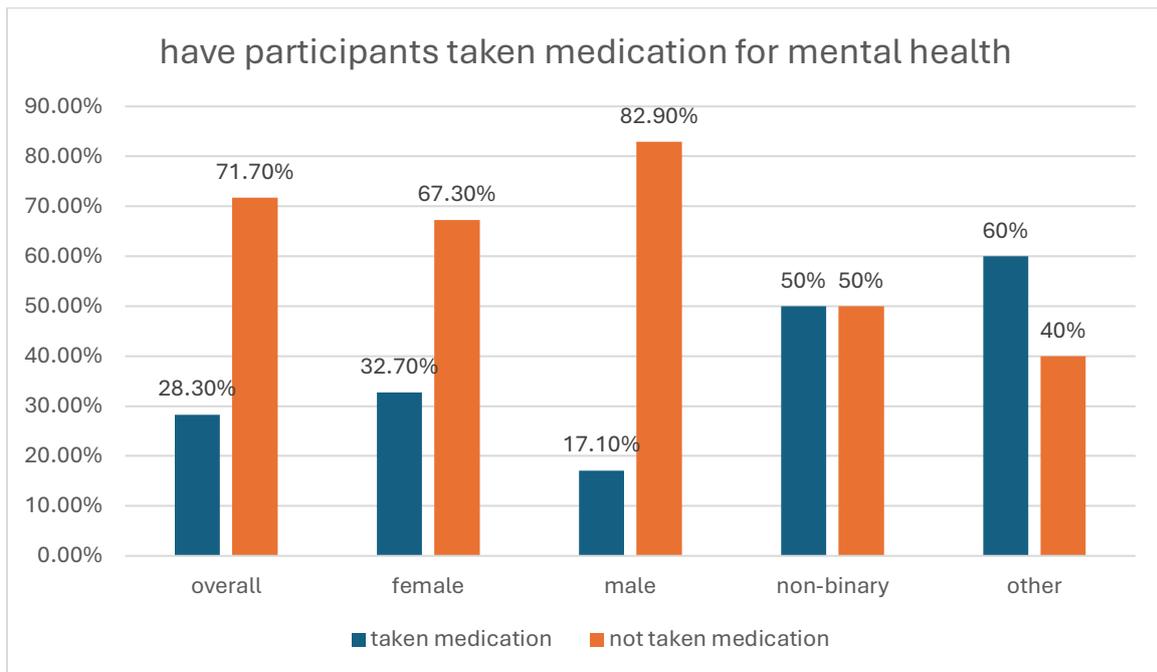
**To what extent do participants agree that if they knew someone who has struggled with their mental health, they would treat them differently (n = 904)?**



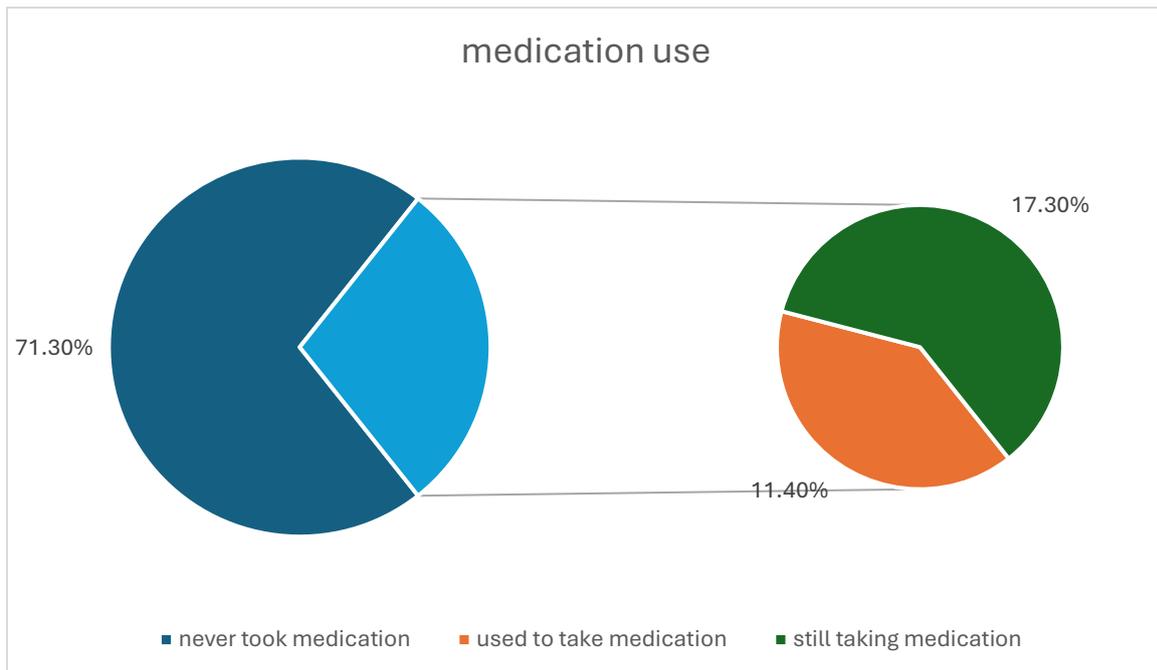
**To what extent do participants agree that they think it is a sign of weakness to need help for their mental health (n = 904)?**



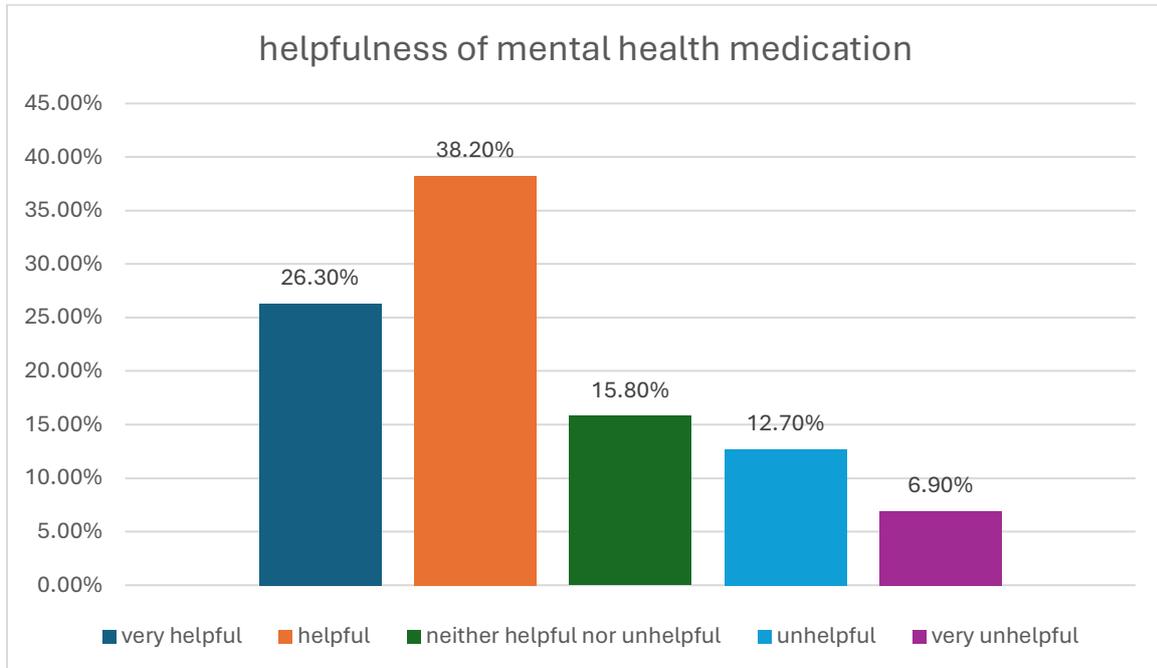
**Have participants ever taken medication for a mental health problem? (n = 904)?**



**Are participants still taking medication for a mental health problem? (n = 904)?**



**How helpful did participants find/are participants finding taking medication for a mental health problem? (n = 904)?**



**Since coming to college have participants used on-campus counselling services? (n = 904)?**

