“Having access to health care through Student Health Services had a positive impact.”

“It is important for me to have Counseling Services located on campus.”

98% of students said

96% of students agreed or strongly agreed

79.1% Students familiar with Student Health Services available to them

66.7% Students familiar with Counseling Services available to them

2,220 Individual Counseling Sessions

2,480 Average number of student appointments at Vibrant Health Family Clinic for the last five years

206 Outreach events by Student Health and Counseling

By The Numbers 2018-19

52.2% increase in the percentage of provider visits for students at Pierce County Reproductive Health Services in the last three years

78.2% increase in percentage of enrolled students seen in Counseling Services in the last 12 years

9.6% increase in the number of students seen in Counseling Services since the prior year

Continued on back
### Top Reasons Students Visit Counseling Services

<table>
<thead>
<tr>
<th>Reason</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anxiety / Fears / Worries (other than academics)</td>
</tr>
<tr>
<td>Stress / Stress Management</td>
</tr>
<tr>
<td>Depression / Sadness / Mood Swings</td>
</tr>
<tr>
<td>Low Self Esteem / Confidence</td>
</tr>
<tr>
<td>Procrastination / Motivation</td>
</tr>
</tbody>
</table>

### Student Comments

- “Each time that I came in, the RNs explained everything thoroughly.”
- “All of my questions were answered.”
- “Warm and welcoming.”
- “I felt comfortable.”
- “Flexible scheduling.”
- “It really helped me become aware of my behavioral patterns and how to utilize new coping strategies.”
- “I have learned to be more mindful and think through thoughts and emotions.”
- “Awesome doc and great staff.”
- “Caring provider.”
- “Super helpful.”
- “Did a great job.”

### Pierce County Reproductive Health Services

### Counseling Services

### Vibrant Health Family Clinic