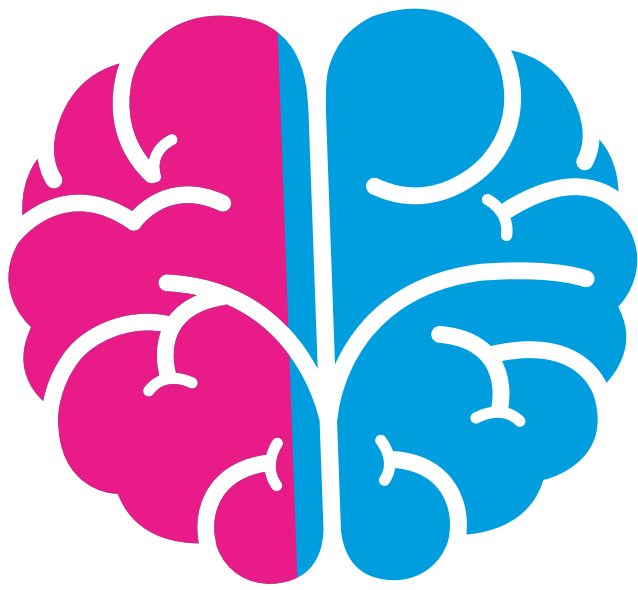


HEALTH

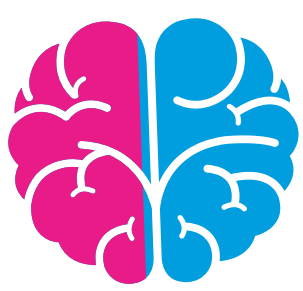
Survey carried out with ACA students in the UK, Cyprus, Malaysia and Singapore, December 2016

Mental health issues

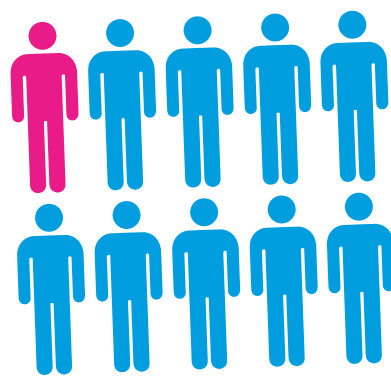


42%

Of students don't feel healthy



45%



13%

Nearly half of all students interviewed felt their mental health was good, whilst 1 in 10 felt it was excellent

Tiredness and sleeping issues

44%

44% of students struggle with tiredness and sleeping problems



20%

Struggle with stress at work

Mental health issues



31%

31% of students have experienced a mental health issue

Alcohol consumption



25%

Very few students consume alcohol regularly, with a quarter stating they drank 2 to 4 drinks per week or less

