

# Accessibility to Mental Health Services in Gujarat's Educational Institutions: Bridging Gaps in Campus Mental Wellness

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**Abstract:** Mental health service accessibility within educational institutions has become an essential component of student welfare and public health. This study examines the availability, awareness, institutional support, and utilization of mental health services across schools, colleges, and universities in Gujarat. A mixed-methods research design was adopted, combining quantitative survey data from 1,012 respondents (students, faculty, and administrators) with qualitative insights from semi-structured interviews conducted across five academic zones of the state. The findings reveal significant disparities between urban and semi-urban institutions, limited awareness initiatives, and persistent stigma that discourage students from seeking professional support. Regression analysis using SPSS v28 indicates that accessibility and awareness are strong predictors of service utilization ( $R^2 = 0.48$ ,  $p < .001$ ). The results highlight the need for structured institutional policies, improved mental health awareness programs, and integration of community-based support systems within educational environments to strengthen campus mental health ecosystems in Gujarat.

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