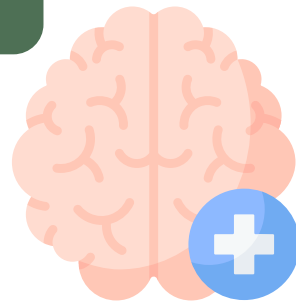


MENTAL HEALTH AWARENESS

What College Students Need to Know:

What is Mental Health?

Mental health has to do with our emotional, psychological, and social well-being. It affects how one feels, thinks, and acts and helps determine how stress is handled, how we relate to others, and make choices.⁴



More than **60%** of college students meet criteria for at least 1 mental health problem ⁶ You are not alone!!!



The number of students seeking help from college ² resources has increased almost **40%** in recent years

What are common disorders in college students?¹

- Anxiety Disorders
- Depression
- Bipolar Disorders
- Suicide/Self-harm
- Eating Disorders
- Substance Abuse Disorders

What are the main causes?

1. Academic pressure¹
2. New responsibilities³
3. Adjustment to campus life²
4. Sleep deprivation²
5. Relationships²
6. Economic strain²



What to look out for?

Warning Signs and Symptoms:⁴



- Having little motivation
- Feeling numb
- Feeling helpless or hopeless
- Experiencing severe mood swings
- Thinking of harming yourself
- Lack of involvement
- Irritability

How can I improve my mental health?



Seek help (from a therapist or doctor)⁴



Educate yourself about mental health¹



Perform self-care⁵



**Exercise 30 minutes per day,⁸
3-5 times a week**



Maintain a support system²



**Get adequate sleep: 7-9 hours
per night⁷**

Resources for Help

- Your school's Student Care and Outreach Office or Health Center¹
- Reach out to Professors³
- National Mental Health Hotline - 866-903-3787
- Suicide and Crisis Hotline- 988

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