

Have You Ever Felt **Resources** Did You Know?

- . Hopeless
- . Irritable
- . Disinterested
- . Empty
- . Isolated
- . Exhausted
- . Stressed
- . Depressed
- . Anxious
- . Irritable

You are **NOT**
alone

Center for Wellness & Disability Services

Watson 003

Monday—Friday 8:15 AM—4:45 PM

Optum Health Services

Mass Art Tree of Life Building, 2nd Floor

Monday—Friday 9:00 AM—6:00 PM

Public Safety

610 Residence Hall

Emergency: 617-989-4444

Non-Emergency: 617-989-4400

Suicide Prevention Lifeline

Suicidepreventionlifeline.org

1-800-273-TALK(8255)

67%

of students
who need
help aren't
getting it



It's OK to get help

The Facts What Do We Know? What Can We Do?

- Anxiety is the **most common** mental health problem on college campuses
- **40%** of college students experienced overwhelming anxiety
- 27% of college students felt that depression made it **too difficult** to function
- **18-24** is the average age of onset for most mental health disorders
- 1 in 5 college students **struggle** with an eating disorder
- LGBTQ Youth are 4 times more likely to attempt **suicide**
- Non-traditional students experience significantly **higher rates** of life stress, anxiety, and depression

Gratitude improves self esteem, reduces depression, and improves ability to cope



Volunteer

- Mission Main
- YMCA

Exercise has mental benefits such as reducing stress, alleviating anxiety, and releasing endorphins



Exercise

- Schumann Fitness Center
- Tansey Gym
- Walk to the Esplanade
- Tour Boston Commons

Having reliable information about suicide warning signs, resources, and action steps can help to identify a struggling peer



Take the Pledge

- Become a Nine out of Ten Student Ambassador
- Join the Student Wellness Education & Empowerment Team (SWEET)

Asking for help with mental health is a sign of strength



Get Help

- Receive a mental health screening
- Reach out to counseling services