

The Youth Mental Health Project EMPOWERS families and communities to act with the KNOWLEDGE, SKILLS and RESOURCES they need to support the SOCIAL, EMOTIONAL, MENTAL, and BEHAVIORAL health of youth.



College Readiness

STRESS

College is a time of transition and growth. As a student you will learn to juggle living on your own with the demands of class work, navigating the social scene, adapting to new roommates and figuring out new eating and sleeping habits. These new experiences can be stressful, making it difficult to manage the demands of school.

STRESSORS THAT MAY AFFECT MENTAL HEALTH

- Academic pressures
- Grades
- Financial stress
- Social pressures
- Feeling alone or homesick
- Feeling marginalized, misunderstood or like you don't fit in
- Concern or worry about your family
- Loss of day-to-day family or community support
- Drug and alcohol use
- Changes in sleep habits
- Feeling overwhelmed
- Grief
- Gender and sexuality questioning
- Friendship challenges
- Relationships or break ups
- Missing previous activities you participated in
- Unmet expectations

Insecurity, loneliness or disappointment during college are other normal feelings. Others may experience depression, anxiety or the beginning of other mental health conditions.

we**ALL**have mental health.

TIPS TO MANAGE STRESS AND SUPPORT POSITIVE MENTAL HEALTH

- Prioritize mental health.
- Connect with others: Keep your door open when you are in your room; attend school sponsored activities; join an extracurricular activity including clubs, sports or volunteering; find a study group.
- Remember mind and body are connected, exercise.
- Get enough sleep.
- Eat a proper diet.
- Take part in stress-reducing activities like meditation, yoga and prayer.
- Limit alcohol, drugs, smoking and caffeine.
- Know that what you are feeling can be typical - there is a lot of information and help to be had just by asking for it.

Transitioning into adulthood can be a time of significant change and intense challenges:¹

-  1 in 5 teens struggles with mental health issues
-  60% of first-year college students wish they had more emotional preparation for college
-  50% of first-year college students report feeling stressed all or most of the time

WAYS TO FIND HELP IF YOUR FEELINGS ARE NOT IMPROVING:

- Call home.
- Call the campus counseling or health center.
- Request a confidential conversation with your resident advisor if you are in a campus residence hall.
- Talk with the dean of student affairs, peer support specialist or campus chaplain.
- Request a confidential conversation with your academic advisor or a faculty member.
- Contact the leader of a campus mental health organization, such as NAMI on Campus or Active Minds.
- Behavioral Health Treatment Services Locator: findtreatment.samhsa.gov.

**TIP: In general, the most confidential place on campus is the counseling or mental health center. They can share information about you only with your agreement—unless they feel you might be an immediate danger to yourself or others.*

For more information:
The Youth Mental Health Project
ymhproject.org

Special thank you to:
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