

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

WELLNESS

College is full of new experiences and a range of emotions. What do I need to know to function in college and what constitutes an overall healthy person?

Mental health includes all states of health, from wellness to illness. Important at every stage of life, mental health describes a person's emotional, psychological, and social well-being, which affects the way a person thinks, feels, and behaves.

Just like physical health, mental health lies on a continuum and continuously shifts, changes, and evolves during a lifetime.

YOU ARE NOT ALONE.
94% of Counseling Center Directors reported that the recent trend toward greater numbers of students with severe psychological problems continues to be true on their campuses.¹

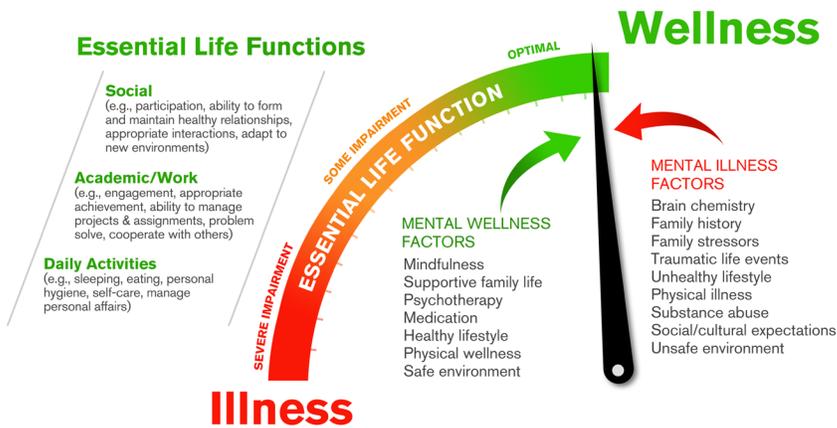
How do I know if my thoughts, feelings or behaviors are “typical” or signs of concern?

INTENSITY: How intense are your behaviors, thoughts or emotions?

FREQUENCY: How often do you feel or behave this way?

DURATION: How long do these individual episodes or periods last?

FUNCTIONALITY: Above all else, how well are you functioning in life? Are you impaired in any way at home, at school, or with friends?



Emotions or behaviors that are more intense, frequent, or longer in duration than those of most other people your age, and that are causing impairment, may be signs of concern that indicate that consulting with a mental health professional may be necessary.

One of the top 5 risks on a college campus is unmanaged mental health issues.

we**ALL**have mental health.

TIPS IF YOU ARE STRUGGLING²

SELF-CARE: Prioritize doing things to take care of your mind, body, and soul that also reduce stress.

GET ACTIVE: Activities are a great way for us to temporarily distract ourselves from our current emotions until we are better able to cope.

THINK THROUGH YOUR EMOTIONS:

- Is my response warranted? Examine the facts. While your emotions are always valid, they are not always justified.
- Am I being effective? Am I helping or hurting the situation? If your actions are making things worse, do the opposite of whatever it is you feel like doing. If you want to stay home and isolate, force yourself to go out where there are people.

SIGNS OF CONCERN: AGES 18-24

- Inability to set goals and work towards them
- Inability to develop and/or maintain friendships and romantic relationships
- Obsessive thoughts and behaviors
- Unable to maintain a regular commitment
- Excessive or daily use of drugs and/or alcohol
- Inability to delay gratification
- Lack of motivation

Early intervention can help people develop important coping and adaptive skills, which can build resilience and allow them to thrive socially, emotionally, academically, and physically.

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:
Our College Interns,
Megan Nuzzo and Renée Reiner

1. American Psychological Association

2. Active Minds