

HIGH SCHOOL AND COLLEGE STUDENTS AND THE MENTAL HEALTH STIGMA

Asking For Help As a Student

Young adults from ages 14-23 years old, who are completing classes to earn a degree are under tremendous amounts of stress that can alter their mental health and studies. Understanding that just recognizing that you may need help is only the first step. You also have to ask or seek out help, BUT it's NOT as scary as you think.

STRESS AND ANXIETY

- 27% of Students experience some type of stress or anxiety that can alter their grades
- Signs of stress and anxiety: Overeating, Sleeping problems, Mood swings, etc.
- “Six out ten of college students experienced “overwhelming anxiety,” while over 40% were saddled with crippling depression.” (Bouchrika, 2023)

ACTIVE LISTENING

- Look a person in the eyes when communicating about mental health
- Don't think about what your going to say next when they are talking
- Really take in the information they are telling you

RECOMMENDATIONS

- Set realistic goals for yourself
- Open communication with the people that are close to you
- Physical activity helps reduce stress and anxiety
- Get organized! Organizing things you need to complete is a great way to combat stress.

DISCLOSING INFORMATION

- Disclose information when you are calm and collected
- Disclose to someone you trust and are comfortable with
- Know what you want to gain out of the conversation

YOU ARE NOT ALONE

- There are other people around you who are feeling similar
- Your grades do not define you
- Your feelings are always valid
- You do not have to always be perfect, it is okay to make mistakes. Learn from them.

ON CAMPUS RESOURCES

- Professors are there for YOU!
- SNC Health Services
- SNC Counseling and Psychological Services
- SNC Health and Wellness Programs

EXTRA RESOURCES

QR CODES TO HELPFUL ONLINE INFORMATION

Scan these QR codes to be sent to additional websites for more information!

National Suicide Hotline: 1-800-273-8255

