

Getting mental & emotional support
is the smartest thing you may do
this semester.



1 in 4

young adults between the
ages of 18 and 24 have a
diagnosable mental illness.

More than
80%

of college students
felt overwhelmed
by all they had to
do in the past year,

and
45%

have felt
things were
hopeless.

of students living with a mental health
condition experienced a mental
health crisis on campus.

Almost
73%

Yet, **34.2%**
reported that their
college did not know
about their crisis.

VISIT

Your Counseling Center,
Disability Services,
Or Access Services Office

