Email Kit
For College Mental Health

Who: College Students

Roommates and friends are more likely to notice the signs and symptoms associated with mental health than family and staff because they are around each other more*

1 in 5 Americans is diagnosed with a mental illness²

What: Signs and Symptoms to look for

- Changes in sleep patterns³
- Increased anxiety⁴
- Sadness and irritability⁵
- Changes in eating patterns²

How: Educate at student orientations

20.5 million students enrolled in college in 2016

Because 3/4 of chronic mental illnesses begin by age 24, all students should receive training at their orientation.⁴,⁵

Mental Health First Aid works to demolish the stigma associated with mental illness in order to encourage more people to receive help⁶

Why: People often do not seek help because of the stigma associated with mental illness

Chronic loneliness is as significant a risk as cigarette smoking for developing a long term illness⁸

Based on an article by Skyler Walker in BU Well Volume 2

http://digitalcommons.butter.edu/buwell/

References: