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.

Almost 73% of students living with a mental health condition experienced a mental health crisis on campus.

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

VISIT
Your Counseling Center, Disability Services, or Access Services Office