

Super Charge Your Education!

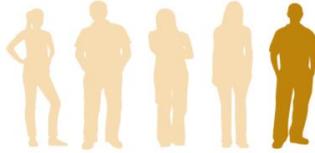


MENTAL HEALTH

Know You Are Not Alone

- One in four students have a diagnosable illness
- 40% do not seek help
- 80% feel overwhelmed by their responsibilities
- 50% have become so anxious that they struggled in school

1 in 5
youth and young adults lives
with a mental health condition



What college students identified as negatively impacting their academic performance:

- Stress (30% of students)
- Anxiety (22%)
- Sleep difficulties (20%)
- Depression (14%)

First, Tell Someone

- ✓ A FAMILY MEMBER
- ✓ CLOSE FRIEND
- ✓ TEACHER OR PROFESSOR
- ✓ COUNSELOR OR COACH
- ✓ FAITH LEADER

Emmanuel College offers something unique to our students that many other institutions cannot—close relationships between students, professors, and staff. Find a teacher, coach, or staff member you trust and ask to talk. We also offer free counseling from both male and female counselors. Call 706-245-2881 or email

jmiddlebrooks@ec.edu to request a counseling session. Our campus pastor is also available at cmaxwell@ec.edu. The National Suicide Prevention Hotline is 1-800-273-8255.



Try and reach out to a supportive friend or family member about what you are struggling with - they can be wonderful motivators to help you get the help you need.

From someone who didn't know they had ADD until they were 21 because they "didn't think their focus was that bad" (guilty as charged), I promise that it's always worth talking about. Don't belittle the feelings and emotions you are experiencing. You matter!

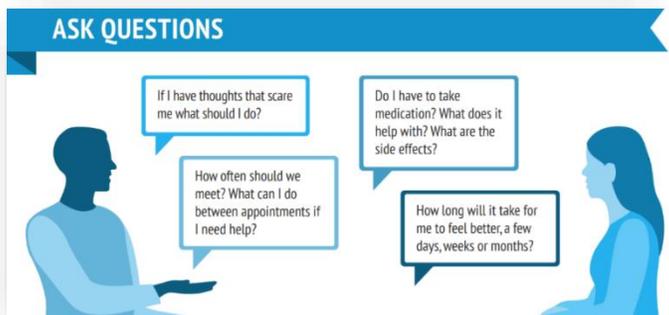
--Senior education major & ARC writing tutor

What to Say

Sometimes it is hard to break the ice or know what to say when you reach out for help. Here are some suggestions to get a conversation started.



What to Expect in a Counseling Session



Be ready to talk about your health history and what you are experiencing. You may be asked to fill out a questionnaire describing your mental health experience.

Ask questions. Be clear about what you want and need to get better. Ask the counselor to explain treatment options so you understand the plan and what you need to do.

References

Best Colleges. (2020). The top mental health challenges facing students. *Best Colleges*. <https://www.bestcolleges.com/resources/top-5-mental-health-problems-facing-college-students/>

National Alliance on Mental Illness. (2020). *Infographics and fact sheets*. <https://www.nami.org/Learn-More/Fact-Sheet-Library>

Suicide Prevention Resource Center. (2020). *Consequences of student mental health issues*. <https://www.sprc.org/colleges-universities/%20consequences>

**National Suicide
Prevention Hotline
1-800-273-8255**

**EC Counseling Services
706-245-2881**