Stress and Suicide - Mental Health at College

We all have mental health—it’s just that sometimes we take better care of it than other times. College can be stressful and it's important to nourish your mind the way you do for your body! Taking care of your mental health improves your academic success, makes it easier to take on difficult challenges, and prepares you for additional life changes in the future.

1 in 5 adults in the United States experiences a mental health disorder.

Nearly 60% of adults with a mental illness didn’t receive mental health services in the previous year.

Suicide claims the lives of 1,100 college students every year!

Suicide is the second-leading cause of death among college students.

Serious mental illness costs the United States $193 billion in lost earnings each year!

In comparison to older adults, those ages 18-24 have the lowest rate of seeking help!

Globally, depression is the leading cause of disability.

1. Make connections—not just on your smart phone! Human connection can help you cope when times are tough!
2. Create meaningful days—find ways to bring purpose and meaning to every day. Have a sense of accomplishment for getting something done!
3. Learn from experience. Just because something went wrong—does not make you a failure at life! You have managed EVERY moment of your life—trust in your ability to manage more moments and learn from them!
4. Be hopeful—sometimes it might seem hard but this is really important for your mental health! Know that the current situation won’t last forever and you will manage it.
5. Be proactive—don’t ignore stressors! Tackle them and you start to feel better and can move forward.

Have you noticed a change in someone’s behavior?
1. Ask them what is going on.
2. Don’t ignore the signs of depression and suicide risk.
3. Help your friend find the resources they need.

Resources on Campus

University Counseling Center
University of North Dakota
701-777-2127

Student Health Services
University of North Dakota
701-777-4500

Health & Wellness Hub
University of North Dakota
701-777-2097

24 Hour Lifeline!
National Suicide Prevention Lifeline
1-800-273-TALK (8255)

Read more about stress and coping on Student Health 101!