Mental Health

October is Mental Health Awareness Month. College students across the country struggle with mental health-related illness every day. In fact, stress is the #1 impediment to academic success at UND and nationally. Not only that, but anxiety is the #1 diagnosis at Student Health Services here at UND. Your mental health and wellbeing can make or break your experience in college and we want you to perform your best and spend your time productively!

Fast Facts

- In the past 12 months 86% of UND students have felt overwhelmed by all they had to do.
- 54% of UND students felt overwhelming anxiety in the past 12 months.
- Without adequate treatment, young adults experiencing a mental health issue are more likely to receive lower GPAs, drop out of college, or be unemployed than their peers who do not have a mental health condition.
- More than 45 percent of young adults who stopped attending college because of mental health did so for mental health-related reasons.
- One in four young adults between the ages of 18 and 24 have a diagnosable mental illness.
- In the past 12 months 6% of UND students have felt very lonely in the past 12 months.
- 75 percent of lifetime cases of mental health conditions begin by age 24.
- 55% of UND students have felt very lonely in the past 12 months.
- 59% of UND students have felt very lonely in the past 12 months.

Dealing with Stress

Stress is the body’s normal physical response to events that make you feel threatened or upset your balance. Everyone experiences stress to some degree, but when you start to notice the following symptoms that can disrupt your life, it may be time to seek help:

- Changes in sleep patterns.
- Increased frustration and anger.
- Changes in eating patterns.
- Being more disorganized than usual.
- Increased frequency of headaches.
- Frequent muscle aches or tightness.
- Recurring colds and minor illnesses.
- Being more irritable than usual.
- Greater sense of persistent time pressure.

Tips to Help Cope with Stress

- **AVOID** unnecessary stress by learning to say no.
- **ADAPT** to the stressor. Reframe problems or focus on the positive things in your life. Ask yourself, “Is it worth getting upset?”
- **ALTER** the situation. If the stressful situation is something you have to face, try to alter it, be more assertive, and deal with the problem head-on.
- **ACCEPT** the things you cannot change. Stress will be in your life. Look for the positive.

**WHAT’S HAPPENING?**

October 12th-16th, 8 AM-8 PM
Counselling Project
Memorial Union Ballroom

October 15th, 7 PM
Take Back the Night Rally
Memorial Union Ballroom

October 19th, 3 PM
Healthy UND Annual Meeting
Wilkinson Commons

October 24th, 10 PM-12 AM
Wings & Health Trivia
Wilkinson Commons

October 31st, 9 AM
Cosmic Climbing
Wellness Center--Rockwall

**UND Mental Health Resources**

Resources are available on campus to help when you need it! There is no shame in seeking help.

**University Counseling Center**
McCannel Hall, Room #200
701.777.2127

Not sure if the Counseling Center is what you are looking for? They have a free online mental health screening. It only takes a minute...

**Health & Wellness Hub**
Main Floor of McCannel Hall
701.777.2097

The Health & Wellness Hub has a variety of resources, materials, handouts, and Peer Educator staff to help guide students, families, and staff through questions regarding a wide variety of mental health topics.

**Student Health Services**
Main Floor of McCannel Hall
701.777.4500

Student Health Services provides a full range of confidential psychiatric services. Their integrated clinical approach includes a review of previous treatment, a thorough diagnostic evaluation, and the proposal of a treatment plan.

**UND Cares**
http://und.edu/und-cares/

UND Cares is a webpage that was created as a resource guide for parents, staff, faculty and students. The webpage can be used to gather information about campus resources, make referrals, and demonstrate how to help each other in time of need.