Mental health disorders have carried a stigma for centuries. Although, today we are fortunate to have more openness and services relating to mental health, including our very own University Counseling Center; which, by the way, is free for students! Read on for interesting facts on mental health, how to seek help, or help a friend in need. Plus, be sure to check out the Active Minds student organization at UND— they are always welcoming new members to advocate for mental health awareness! #noshame

Stress Symptom Checker

Stress usually shows up as an emotional or psychological state of tension. But it’s common to also physically “feel” stressed out because of the physiological and hormonal changes caused by stress. Here are some symptoms that indicate a high level of stress:

1. Changes in sleep patterns
2. Changes in eating patterns
3. Increased frequency of headaches
4. Being more irritable than usual
5. Recurring colds and minor illnesses
6. Frequent muscle aches and/or muscle tightness
7. Being more disorganized than usual
8. Increased difficulty in getting things done
9. Greater sense of persistent time pressure
10. Increased frustration and anger

What Can You Do?

Get Physical Activity! Research suggests those with mild to moderate depression reduced symptoms up to 50% by getting regular physical activity

Eat a healthy balanced diet

KNOW your limits on alcohol and avoid drugs

Fast Facts

- 1 in 10 young people have experienced a period of major depression
- 21.7% of UND students reported experiencing overwhelming anxiety in the past 12 months
- 2/3 of students who need help don’t receive it
- 1,100 college students die by suicide each year, making it the 2nd leading cause of death on college campuses
- 1 in 5 American adults have experienced a mental health issue
- 44% of college students report having felt so depressed in the past year it was difficult to function
- The average age of onset of most mental health disorders is 18-24.

Mental Health Resources at UND

- McCannel Hall, Room #200
  701.777.2127
- Main Floor of the Memorial Union
  701.777.2097

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.

Are you interested in joining UND’s student chapter of Active Minds? As a group, Active Minds advocates to eliminate the shame and stigma surrounding mental health disorders, because nobody should have to suffer in silence!

*Active Minds meets every other Wednesday at 6:30 PM;
Contact Samantha at activemindsund@gmail.com if you are interested in learning more or joining the group.

OR check them out on Facebook @ Active Minds at UND

Active Minds is changing the conversation about mental health

facebook.com/undpeereducator
@undpeereducator
undpeereducator

Take care of yourself by engaging in the following strategies:

Listen to your body and what it needs

KNOW your limits on alcohol and avoid drugs

facebook.com/undpeereducator