STUDENT MENTAL HEALTH AWARENESS

Prioritizing mental health is an essential part of the educational journey and well-being of everyone. By learning to prioritize mental health now, students will be able to better understand how to create healthy habits, maintain positive relationships, address personal challenges and achieve goals throughout their lifetime.

Student Mental Health

Mental health is your emotional, psychological and social well-being, which affects how people think, feel and act. It's essential to find support in your journey to better your mental health as you navigate schoolwork, pursue education after high school, handle family tensions, build relationships and more.

Source: https://www.mentalhealth.gov/basics/what-is-mental-health

Common Student Mental Health Challenges

Self-doubt	**Feelings of uncertainty and lack of confidence in yourself.** *"I don't think I'm smart enough to get into that college, so there's no point in trying."*
Imposter Syndrome	**Feeling undeserving or false in your accomplishments, abilities and achievements.** *"My peers only want to work with me on projects because they feel sorry for me."*
Stress	**Emotional tension as a response to pressure.** **This can include feelings such as fear, anger, frustration and more.** *"Balancing my schoolwork and extracurricular activities makes me feel overwhelmed and pressured to do more than I am capable of at times."*
Anxiety	**Intense feelings of excessive worry, which can be linked to fear and uncertainty.** *"Approaching college application deadlines constantly make me worried about my future."*

Speak to a parent, guardian, teacher, counselor, friend or someone you trust about help with your mental health.

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The first step to addressing mental health challenges is understanding how you feel. **Take this assessment to help identify symptoms of mental health conditions you may be experiencing.** Be sure to speak to a trusted adult about your results and next steps for treatment.

Take the Assessment
https://screening.mhanational.org/screening-tools/

Mental Health Resources

The mental health challenges seen on the previous page often go together, which is why it's important to talk about these feelings and ways to address them.

Learn activities to address common mental health challenges:
https://changethefrequency.today/wp-content/uploads/2020/06/Change-the-Frequency_Activity-Guide.pdf

Practice communicating mental health awareness at home to create healthy habits:
https://changethefrequency.today/wp-content/uploads/2020/06/Change-the-Frequency_Checklist-1.pdf

For more information on Indiana-based mental health resources, check out this map of local mental health centers:
https://changethefrequency.today/wp-content/uploads/2020/06/Change-the-Frequency_Resource-List.pdf
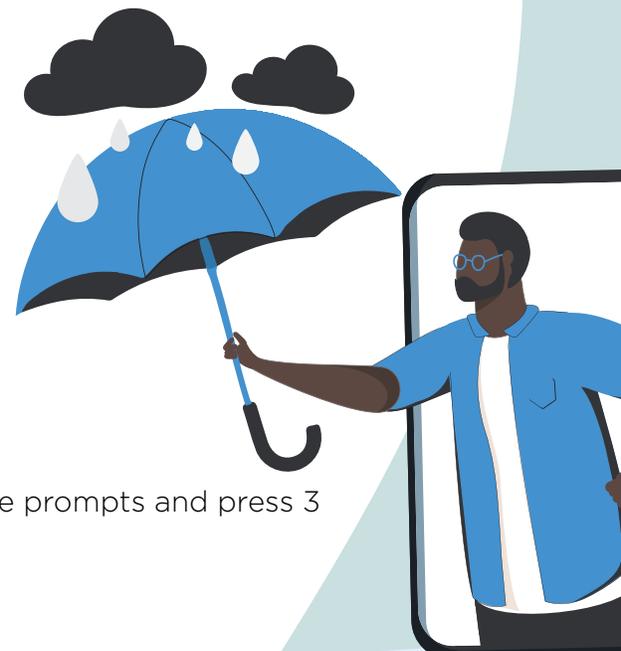
Mental health hotlines:

National Suicide Hotline: 988

Be Well Crisis Helpline: Call 211, enter your zip code, follow the prompts and press 3

Crisis Text Line: Text **HOME** to 741741

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