



Mental Health Awareness

Common warning signs of distress

Top 3 mental health issues UMW students face are:

1. Anxiety
2. Depression
3. Relationship Concerns/ Interpersonal Stress

- Increased difficulty focusing or concentrating
- Increased worry or concern
- Withdrawal and isolation from others
- Increased alcohol and/or drug use
- Irritability or aggression
- Change in appetite and/or sleeping patterns
- Loss of energy and interests



DID YOU KNOW?

- 49.5% of college students reported feeling "hopeless" in the past year.
- 1 in every 12 US college students makes a suicide plan at some point in their life.
- More young adults die from suicide than from all other medical illnesses combined.
- Someone attempts suicide every 28 seconds.
- 40% of people who identify as Transgender have attempted suicide at least once.



OF STUDENTS WHO UTILIZE THE TALLEY CENTER:

UMW STATS

- 75.8% indicated that they had previously been in mental health counseling.
- 48.4% reported that they have previously taken medication to treat a mental health condition.
- 11.4% reported that they have previously been hospitalized for mental health reasons.

how can you help a friend?



- Trust your instincts, observations, and reaction.
- Talk to the person directly: Early connection only helps!
- Clarify your role as a concerned friend.
- Listen carefully, both for what is said and not said.
- Do not be afraid to ask questions!
- Talk about possible resources: Counseling? Hospital? Police? Clergy?
- Follow-up with your friend within the next day or week, as appropriate.

how can you help yourself?



- If there is an immediate danger: **CALL 911**
- National Suicide Prevention Lifeline: (800) 273-8255
- Trans Lifeline: (877) 565-8860
- UMW Campus Police (24/7): 540-654-4444
- Report your concerns online to UMW administration: www.umw.edu/concerns
- Talley Center for Counseling Services: Lee Hall 106 & Tyler House, Mon-Fri; 8:00 am- 5:00pm, (540) 654-1053

Sources: National Data on Campus Suicide and Depression, American Association of Suicidology

