



Common Mental Health Issues Students May Encounter

- *What is depression? Am I depressed?*
- *I am isolating the way I have been told and now I don't want to be around people*
- *Anxiety---doesn't everyone have it?*
- *How much stress is too much?*
- *What do I do if I am worried about a friend?*



When Should I Get Support?

- *I feel sad a lot*
- *I restrict what I eat each day*
- *I smoke weed on a regular basis – it helps me stay calm*
- *Nobody knows it, but I cut myself sometimes*
- *Sometimes I wonder what it would be like if I just wasn't here*

