



Mental Health & Suicide Awareness

National Suicide Prevention Lifeline
(800) 273-TALK



FACTS:

- ✓ 1 in 5 Americans experience a mental health issue.
- ✓ Less than half will seek treatment due stigma and discrimination.
- ✓ 1 in 10 young people experience a period of major depression.
- ✓ Suicide is the 10th leading cause of death in the U.S. per year.

Feeling the stress from writing papers and studying for final exams?

Learn more about mental health self-care to help you cope with the stressors of student life and more.

Mental health and physical health go hand in hand. Maintain these healthy habits to keep your body strong:

- Eat more vegetables, fruits and whole grains
- Drink 64 ounces (or 2 liters) of water each day
- Sleep 7 to 9 hours each night
- Exercising at least 30 minutes a day at least 5 days a week
- Avoid or reduce alcohol, cigarettes, marijuana, and drugs

Resources

- Healthy Eating: www.choosemyplate.gov/MyPlate
- National Sleep Foundation: www.sleepfoundation.org
- Exercise Resources: <https://medlineplus.gov/exerciseandphysicalfitness.html>

Reach out to North Park's Health and Counseling Support Services:

(773) 244-4897

www.northpark.edu/healthservices

www.northpark.edu/counseling

