

how are *you* doing?

(we really want to know)

How are you doing? It's a question we hear all the time, and it's easy to just say "fine." But if you are struggling with **depression, anxiety, stress or other emotional issues**, you should let someone know. College can be a challenging time when many students feel overwhelmed. In fact, a recent national survey showed that almost half of all college students were so depressed that they couldn't function at some point during the last school year.

If you were **having trouble with a class**, you'd **ask for help**. If you were **in physical pain**, you'd **see a doctor**.

reach out

If you, or a friend, are having a difficult time, it's important to reach out for support.

Talk to a friend, family member or someone else you trust.

Contact your campus counseling center.

If you're having thoughts of suicide or any type of self-harm, call 1-800-273-TALK now

If you would like to speak to a Counselor at Alvin Community College about issues impacting your college success, stop by the Enrollment Service Center, Building A, and ask to speak to a Counselor or call 281-756-3531

<http://www.ulifeline.org/schools/alvincollege>

Your mental health is just as important.



learn more and check yourself

ULifeline.org and HalfofUs.com are online resources where you can learn more about mental health and take an anonymous screening to understand more about how you're feeling.

ULifeline



ULifeline is a project of The Jed Foundation, a nonprofit organization focused on reducing the rate of suicide and the prevalence of emotional distress among college students. Half of Us is a social awareness campaign launched by The Jed Foundation and mtvU.