



# Raising Mental Health Awareness

Educate Yourself

For Use in Fraternities and Sororities



**National Alliance on Mental Illness**

Raising Mental Health Awareness - Educate Yourself  
© 2013 by NAMI, the National Alliance on Mental Illness  
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NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI advocates for access to services, treatment, supports and research and is steadfast in its commitment to raising awareness and building a community of hope for all of those in need.

To access this publication online, visit [www.nami.org/namioncampus](http://www.nami.org/namioncampus).  
Use #ItsTime on your social media pages to continue to raise the national dialogue about mental health.

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# Overview

Congratulations on taking the first step to raising mental health awareness on your college campus. This guide provides guidance on presenting the *Raising Mental Health Awareness - Educate Yourself* presentation slides for fraternities and sororities.

Your commitment to sharing important information with your campus community will make a big difference in the lives of others. Thank you for taking action.

## Who are we?

NAMI, the National Alliance on Mental Illness, developed the presentation slides and this accompanying guide in collaboration with the North-American Interfraternity Conference and National Panhellenic Conference to provide college students with important mental health information.

NAMI is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI advocates for access to services, treatment, supports and research and is steadfast in its commitment to raising awareness and building a community of hope for all those in need. To learn more about NAMI, visit [www.nami.org](http://www.nami.org).

## Background Information

Mental health issues are common on college campuses. More than 75 percent of lifetime cases of mental health conditions begin by age 24. One in four young adults between the ages of 18 and 24 experience a mental health issue at some point in their lives. In an American College Health Association report released in 2011, students cited depression and anxiety as among the top impediments to academic performance. Yet, most college students are not getting help for these issues. Concern about stigma is the number one reason students do not seek help.

Awareness about mental health is key to reducing this stigma and increasing the likelihood that college students will access mental health services and supports early, before a crisis happens. We hope you find the presentation and this guide helpful in raising broader mental health awareness on your campus.

## How should you use this guide?

This guide walks you through the *Raising Mental Health Awareness - Educate Yourself: for fraternities and sororities* presentation slides. It covers key points to make for each slide, suggested transitions from one slide to the next and discussion prompt options you can choose from to engage students throughout the presentation. You should pick and choose the discussion prompts that work best in your presentation.

**IMPORTANT NOTE:** Try to connect the general information included in the slides and this guide to your specific school and to the students who will be attending the presentation by using anecdotes, examples and data from your school.

## Who can do the presentation? Who should you partner with?

The slides and this guide can be used by college students, administrators, faculty, staff and other campus leaders. You may wish to partner with others in doing the presentation, although this is not required. Here are a few people you may wish to reach out to:

- **Your school's health care professionals.** This includes psychologists, psychiatrists, nurses, counselors and other health care providers available on your campus who may be interested in the presentation.
- **College students living with a mental health condition.** They can talk about their experiences living with a mental health condition, including the early warning signs they experienced, how and why they got help and what services and supports helped them the most. If your school has a NAMI on Campus club, you may want to reach out to the club to find students willing to talk about their experiences. These personal stories can replace the videos that are currently included in the PowerPoint presentation slides. You can find a list of active NAMI on Campus clubs at [www.nami.org/namioncampus](http://www.nami.org/namioncampus).
- **A representative from your NAMI Affiliate.** A NAMI Affiliate in your community can provide information on resources and help facilitate the discussion. To find contact information for your NAMI Affiliate, visit [www.nami.org/local](http://www.nami.org/local).
- **Campus leaders.** Reach out to prominent leaders on your campus, including your class president, sorority and/or fraternity advisors, popular professors, the dean of student affairs and others to reiterate that mental health issues are important and a priority on campus during the presentation.
- **Other campus organizations and groups.** You may want to include other campus organizations and groups that can offer unique perspectives on specific issues. These can include groups that represent student veterans, gay, lesbian, bisexual and transgender (GLBT) students and culturally and racially diverse students.

### What should you do to prepare for the presentation?

Here is a quick checklist to go through as you prepare for the presentation:

- Download the PDF presentation slides to your laptop. Make sure the slides display correctly and that everything works. Make sure you have Internet connection to play the video clips linked to in the presentation. They can all be accessed on YouTube. If you want to use different videos, make sure you have access to those videos by downloading them to your computer or finding them online. You may also want to use the Internet during the presentation to display your school's web section on mental health or other resources available online.
- Setup a LCD projector to display the presentation. You may also want to use speakers to ensure everyone can hear the videos.
- Practice the presentation to ensure you can cover all of the material within the timeframe available.
- You may wish to create a slide or handout that includes information about your school's services and supports. You should find out if such a resource already exists that you can use. This guide also includes a link to a resource list for students that are interested in learning more about mental health issues.
- As mentioned earlier, contact anyone you may like to have present with you during the presentation.
- Multiply your campus population by 0.25 to determine how many college students are living with a mental condition at your school. Use this number to fill in the second discussion prompt on page 6.

### One last note...

The last slide of the presentation includes a link to five short questions for students to answer about the *Raising Mental Health Awareness - Educate Yourself* presentation. The link is <https://www.surveymonkey.com/s/5S7PSZP>. Please encourage students to respond to these important questions. Their responses will help inform additional efforts related to college mental health. They will also help ensure that students across the country have the resources they need to make a difference and to take action on their college campuses. Thank you for your help in collecting this important information.

# Guidance on the Presentation Slides

This section outlines key points to make for each slide, discussion prompt options to encourage interaction throughout the presentation and suggested language to transition from one slide to the next. This presentation assumes you have about an hour available to present the information and interact with the students.

You should choose which discussion prompts you would like to use and have time for before doing the presentation. It is best to go through this guide while viewing the slides to become more familiar with the presentation.

## Slide 1

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### Key Points

- [Introduce yourself and other presenters, if applicable. You may want to share a personal story on why mental health is important to you and/or why it is important to your campus community.]
- Thank you everyone for attending this presentation. The information you learn today can help you save a life. You are making a valuable contribution to your campus community by attending this session and learning more about mental health.
- This slide presentation was created by NAMI, the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. To learn more about NAMI, visit [www.nami.org](http://www.nami.org).

**Slide Transition:** Mental health is important to everyone and here are the reasons why.

## Slide 2

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### Key Points

- Everyone has mental health. Mental health impacts every part of your life from academic success to social interactions to physical health.
- Feeling well makes it easier to respond to the demands and stresses of campus life and Greek life. Having a healthy balance is important to feeling confident, capable, and happy.
- Everyone needs to take care of their mental health to cope well with the highs and lows of the college experience. Establishing healthy habits early on makes it much easier to cope with whatever life brings.
- This presentation will include more information on effective coping skills and staying mentally healthy.

**Slide Transition:** Mental health is also important because mental health issues are common and can impact anyone at any time.

## Slide 3

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### Key Points

- Everyone has mental health so this is an issue that concerns all of us.
- Mental health issues are common and are just like any other physical health conditions.

- According to the Substance Abuse and Mental Health Services Administration, one in four young adults between the ages of 18 and 24 experience a mental health issue at any given time. The issue may be mild and brief or it may be more serious and persistent. Regardless, it's important to get help early to prevent the issue from getting worse and missing out on the college experience.
- You most likely know someone who has experienced a mental health issue at some point in their lives.
- Although experiencing mental health issues are common, research also shows that most college students do not get help because of stigma—they fear they will be negatively perceived by their campus community for experiencing a mental health condition. This information comes from NAMI's college survey report retrieved at [www.nami.org/collegereport](http://www.nami.org/collegereport).
- There should be no fear. Mental health is something we all deal with. It's time to speak up and talk more openly about it so all college students can feel more supported and more encouraged to ask for help.
- To help raise the national dialogue about mental health, use #ItsTime on your social media pages to encourage people to speak up.
- As sorority and/or fraternity members, you are in a key position to serve as role models for the campus community by speaking up and making mental health a priority. You can also help support your many brothers and sisters who may be experiencing mental health issues.
- By attending this presentation, you are already having a positive impact on stigma. By educating and informing yourselves on the facts about mental health, you are taking the first step to helping eliminate stigma.

### Discussion Prompts:

- If you think the students would be comfortable doing so, ask them to raise their hands if they know someone who has experienced a mental health condition at some point in time.
- You may also want to say something like, "If one in four young adults experience a mental health issue that means \_\_\_\_\_ students on our campus have a mental health condition." Ask the students what their reaction is to mental health issues being so common.

**Slide transition:** You all can help eliminate stigma and make a difference by becoming more aware of mental health issues.

## Slide 4

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### Key Points

- You can make a difference on campus by first educating yourselves about mental health.
- This presentation covers the following topics: the facts about mental health, the warning signs of mental health conditions and what to do if you see the warning signs.
- There is also a second presentation that is available, which covers ideas on how you can raise mental health awareness by implementing activities and events on campus.
- Thank you again for attending this presentation.

**Slide Transition:** We will now be delving into the facts about mental health.

## Slide 5

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This slide introduces the section of the presentation that covers the basic facts about mental health.

## Slide 6

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### Key Points

- Now I am going to share a definition of mental health that comes from the Centers for Disease Control and Prevention (CDC) to ensure we are all on the same page.
- [Read the definition from the slide].

### Discussion Prompts:

- What do you think it means to be mentally healthy?

**Slide Transition:** Here is how other young adults defined mental health.

## Slide 7

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### Key Points

- This is how other young adults surveyed defined mental health.
- [Read the responses from the slide].

**Slide Transition:** Not let's define what mental health conditions are.

## Slide 8

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### Key Points

- Here is a definition of mental health conditions from the Centers for Disease Control and Prevention (CDC) to ensure we are all on the same page.
- [Read the definition from the slide].

### Discussion Prompt:

- What mental health conditions do you feel are most common on campus?

**Slide Transition:** Let's see what mental health issues are most common with college students.

## Slide 9

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### Key Points:

- Here are the prevalence rates of mental health conditions in college students that comes from the American College Health Association (ACHA) retrieved at [www.acha-ncha.org](http://www.acha-ncha.org).
- [Read the graph from the slide].
- According to ACHA, students have cited depression and anxiety as among the top impediments to academic performance.

- I will not be providing details about these mental health conditions during this presentation. However, you can access NAMI's fact sheets on these mental health conditions in college students at [www.nami.org/namioncampus](http://www.nami.org/namioncampus).

**Slide Transition:** There are several factors that can cause these common mental health conditions.

## Slide 10

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### Key Points

- Mental health conditions are nobody's fault, can happen to anyone and are not a sign of weakness.
- [Read from the slide].
- A family history of mood disorders (like depression and bipolar disorder) and a stressful life event in those who are genetically vulnerable can lead to the development of a mental health condition.
- Some individuals develop a mental health condition because of a chemical imbalance in the brain started by a triggering event, including extreme stress, physical or sexual trauma, alcohol or substance use, a relationship breakup, feelings of failure or seemingly nothing at all.
- These biological and environmental factors increase the risk of a mental health condition but have different effects on different people. For example, a relationship breakup may leave one college student feeling down for a few days but send another student with biological risk into depression.
- In college, there are high rates of academic, social and emotional stress and triggering events like alcohol and substance use—which may increase the risk of developing a mental health condition for some students.
- Living a healthy and balanced lifestyle and proactively taking care of your health improves the likelihood that you will be able to cope well with these stresses and challenges.

**Slide Transition:** Another fact about mental health conditions is that they are common and impact many college students in numerous ways.

## Slide 11

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### Key Points

- Here is a list of college stressors that may trigger mental health issues in college students.
- Be aware of these stressors in yourself and your friends. Take time to take care of your mental health and well-being during stressful times by exercising, eating well, creating a support network and focusing on positive activities and people.
- There is much sorority and/or fraternity members can do to reduce these stressors and positively impact the mental health of their members.
- We can host social events that do not serve alcohol like hiking, running, participating in creative activities, going to comedy shows and much more. We can promote activities that help reduce stress too like yoga, meditation, journaling and other relaxing activities. We can bring in guests that teach members how to cook healthy meals, work out effectively, reduce stress and manage various responsibilities. We can also provide important information on services and supports available on campus to help manage these stressors.
- Most of all, we can create a safe and healthy zone where members feel comfortable talking about these stressors and other mental health issues.

### Discussion Prompts:

- What do you do to manage any of these college stressors?
- What can sororities and/or fraternities do?

**Slide Transition:** These stressors can make some college students susceptible to mental health issues.

## Slide 12

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### Key Points

- I'm going to read these statistics out loud. They show just how common mental health issues are in college students.
- [Read the graph from the slide].

### Discussion Prompts:

- What are your reactions to the data included in this graphic?

**Slide Transition:** Although many college students experience mental health issues, there is still a stigma associated with mental health conditions.

## Slide 13

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### Key Points

- This is a graphical representation of the stigma that continues to exist for many young adults dealing with mental health issues. It was created by a young adult living with a mental health condition.
- It represents the myths and stereotypes of mental health conditions that help contribute to stigma. It shows how the young adult felt perceived by various groups of people in her social network.
- These myths include the perceptions that people living with mental health conditions are “crazy,” need to just “snap out of it,” are “dangerous” or “scary” or should just take medications to feel better.
- The reality is that college students experiencing mental health conditions do get better with the right services and supports. They are also more than their mental health condition. They are smart, friendly, talented and successful young adults who are great friends, students and community members.
- It's important to understand the reality of mental health conditions and what your friends with these conditions may be experiencing. They need the understanding and support of their friends to get better and do well.
- It's important to not let the myths and stereotypes of mental health conditions impact how we think about and react to those living with mental health conditions.

### Discussion Prompts:

- What myths and stereotypes have you seen or heard about people living with mental health conditions?
- How can we work together to eliminate these myths and stereotypes? What kinds of activities can we do?

**Slide Transition:** As mentioned before, people living with mental health conditions can achieve great success. Here are examples of well-known people who live with a mental health condition.

## Slide 14

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### Key Points

- Many world leaders, politicians, Nobel Prize winners, athletes, celebrities and others with mental health conditions make incredibly important artistic, political and scientific contributions to society.
- These current, high-profile people have battled numerous mental health issues (from left to right):
  - Demi Lovato (actress/singer): bipolar disorder, anorexia, bulimia and cutting.
  - Royce White (NBA player): anxiety.
  - Patrick Kennedy (politician): bipolar disorder and addiction.
  - Brittany Snow (actress): eating disorder and cutting.
  - Michael Phelps (Olympic swimmer): attention-deficit/hyperactivity disorder
  - Pete Wentz (musician, Fall Out Boy): bipolar disorder, addiction and suicidal thoughts.
  - Catherine Zeta-Jones (actress): bipolar disorder.
  - Adam Levine (musician, Maroon 5): attention-deficit/hyperactivity disorder
  - J.K. Rowling (author): depression and suicidal thoughts.
  - David Beckham (soccer player): obsessive-compulsive disorder.
  - Jim Carey (actor): depression.
- Many of these famous individuals have found that exercise, creative outlets like music and acting and serving as spokespeople for mental health issues have made a positive impact in their lives and have helped them manage their mental health condition successfully.

### Discussion Prompt:

- Did you know these celebrities lived with a mental health condition? Do you know of other well-known individuals who have had mental health issues?

**Slide Transition:** As is true with celebrities, there are also many intelligent and impressive college students who have experienced mental health issues.

## Slide 15

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**IMPORTANT NOTE:** You should test this video before the presentation to ensure it loads properly. You can access it at <http://youtu.be/hQzDyzexUE8>. If you would like to use a different video you can access similar videos of college students sharing their experiences from [www.ourspace.com.es](http://www.ourspace.com.es). Instead of playing a video, you may want to consider getting a college student living with a mental health condition from your school to come and present his or her personal story in person.

### Key Points

- This video was made by a University of Minnesota college student who shares his personal story across the country to raise awareness about mental health issues to students.
- In this video, he describes his experience with depression and substance use and how he got help.
- [Play video].
- This video reinforces that it's okay to ask for help and that help is available and works. It also shares the early warning signs of a mental health condition.

### Discussion Prompt:

- What are your reactions to the video?

**Slide Transition:** Now that we have seen people who live with a mental health condition, let's recap the facts about mental health.

## Slide 16

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### Key Points

- This slide recaps the facts about mental health conditions that we have been discussing.
- [Read from the slide].
- Knowing and sharing these facts with others can help to reduce stigma and eliminate the myths and stereotypes that exist.

### Discussion Prompts:

- What other facts might you add to this list?
- How can these facts be used to reduce stigma?

**Slide Transition:** Now that we know the facts about mental health conditions, let's discuss the early warning signs and what to do when you see the signs.

## Slide 17

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This slide introduces the section of the presentation that covers the warning signs of mental health conditions.

## Slide 18

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### Key Points

- [Read the first five warning signs from the slide].
- Remember that some of these signs may be a result of those college stressors we talked about earlier. They can be a normal reaction to stressful life events like trauma, a loss or school pressure. It's helpful to know what is going on in a person's life along with these warning signs.
- Regardless, these signs indicate that help is needed to address whatever is causing them—whether it's stress, a serious life-changing event or the start of a mental health condition.
- The warning signs listed here can indicate the presence of mental health conditions like depression, anxiety or an eating disorder.

**Slide Transition:** Now let's review the next five early warning signs of a mental health condition.

## Slide 19

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### Key Points

- [Read the next five warning signs from the slide].
- The warning signs listed here can indicate the presence of mental health conditions like depression, anxiety, bipolar disorder, substance abuse disorder, ADHD or schizophrenia.
- They could also just be signs caused by something else. The key is to simply know the signs and to get help when these signs exist.

### Discussion Prompt:

- What do you think of these signs? Are there any other early warning signs that you would add to the list?

**Slide Transition:** Let's talk a bit more about the risks associated with excessive alcohol and drug use.

## Slide 20

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### Key Points

- [Read from the slide].
- For some, a period of heavy (and usually out of control) alcohol and drug use can trigger the onset of a mental health condition that may or may not have started on its own. Methamphetamine, cocaine, hallucinogens and marijuana are common culprits, but this can happen with alcohol, opiates and so-called club drugs (like ecstasy) as well.
- Some college students begin using alcohol and/or drugs after developing a mental health condition to cope with negative and difficult feelings and thoughts.
- It can be hard to differentiate between social uses of alcohol and drugs and uses that are associated with a mental health issue. You may have a sense that a friend's use is out of control or too excessive.
- Using alcohol or drugs regularly to cope with stress or other negative feelings usually indicates that something more is going on.
- To learn more about substance use and mental health, visit <http://bit.ly/12ZYUm9>.

**Slide Transition:** In addition to the warning signs for mental health conditions, it's also important to recognize the early warning signs of suicide, which requires immediate action.

## Slide 21

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### Key Points

- [Read from the slide].
- If you see these signs, you should take action immediately even if you have been sworn to secrecy.

**Slide Transition:** It's important to know these signs because suicide is a real risk in college students.

## Slide 22

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### Key Points

- Here is data on the prevalence of suicide among college students.
- [Read from the slide].
- Some of you may have already had your own experience or know of a community experience with suicide. It is incredibly painful and has a big impact on a community.
- It's important to take action to help prevent these tragedies.

**Slide Transition:** Here are proactive steps you can take if you see the early warning signs of suicide.

## Slide 23

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### Key Points

- [Read from the slide].
- You need to take action even if you are sworn to secrecy. You can save a life. The next section of the presentation includes a list of people you can contact if you have a concern.

### Discussion Prompts:

- Do you have any other ideas on how you can take action when you see these signs?
- What can sororities and/or fraternities do to raise awareness about suicide prevention?

**Slide Transition:** Now let's talk more about what you can do if you see the early warning signs of mental health conditions or suicide.

## Slide 24

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This slide introduces a new section of the presentation that covers what to do if you see the early warning signs of a mental health condition or suicide.

## Slide 25

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**IMPORTANT NOTE:** You should test this video before the presentation to ensure it loads properly. You can access it at <http://youtu.be/W3XvhdNFpLo>. If you would like to use a different video you can access similar videos at <http://harvardspeaksup.com>. Instead of playing a video, you may want to consider getting a health care professional or psychology professor from your school to come and present in person about this topic.

### Key Points

- This video clip was made by a psychology professor at Harvard as part of the school's Speak Up campaign, which aims to show young adults with mental health issues that they are not alone and that they should speak up if they need help.
- In this video clip he describes the importance of speaking up and getting help.
- [Play video].

### Discussion Prompt:

- What are your reactions to the video?

**Slide Transition:** Along the lines of speaking up, you should tell someone you trust if you have concerns.

## Slide 26

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### Key Points

- If you see the early warning signs, consider involving others who can help provide the right support and are trained on mental health issues. There are many people on campus who are available, able and willing to help. They have the skills to deal with these issues.
- Here is a list of people who are trained to help address these issues. Don't be afraid to reach out to them and use their support.
- You don't need to go at this alone and you shouldn't. There are people who can help.

### Discussion Prompt:

- Do you have any ideas on who else you can reach out to?

**Slide Transition:** You should also consider talking to the friend you are concerned about to learn more about what's happening and to provide a listening ear.

## Slide 27

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### Key Points

- [Read from the slide].

### Discussion Prompts:

- Do you have other ideas for how to approach a friend with your concerns?
- What would you want your friends to say if they were concerned about you?

**Slide Transition:** Once you have talked with your friend, see if there are ways you can provide support if they are going through a bad time.

## Slide 28

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### Key Points

- If you find out a friend is going through a difficult time, ask how you can be supportive.
- Here are several questions you can ask to determine how you can be most helpful to a friend.
- [Read from the slide].
- Only offer to help if you are comfortable and able to do so without overextending yourself.
- Make sure to always respect a friend's boundaries and independence. Don't take over.

### Discussion Prompts:

- What other things can you do to provide support?
- What have you found to be most helpful when you are having a hard time?
- How can sororities and/or fraternities be supportive of members who have a mental health condition or are going through a hard time?

**Slide Transition:** These action steps are really all about being a good friend, which is the most important thing you can do when you see the signs.

## Slide 29

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### Key Points

- The most important thing you can do if you see the early warning signs is to continue being a good friend. Peer support is the greatest gift you can give.
- Supportive friends can make a big difference in how someone feels. Feeling socially isolated or rejected can make things much worse for someone who is having a hard time.
  - Make sure to check-in regularly to see how your friend is doing. A simple phone call or quick email can make a big difference. Also, continue to ask how you can be supportive.
  - Continue to invite your friend out. If your friend resists going out, re-invite without being overbearing. As is true with all young adults, social interactions are important to staying mentally healthy.
  - Make sure your friend continues to participate in social events with your sorority and/or fraternity. Sororities and fraternities provide the perfect social network for members who are going through a difficult time and need support.

- Ask about your friend's mental health condition to become more aware of the issue and show you care. You may want to do your own research online. Learn what language you should avoid using when talking about mental health issues.

**Discussion Prompt:**

- What other things can you do to be a good friend to someone?

**Slide Transition:** As a friend, you can also provide hope and encouragement.

## Slide 30

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### Key Points

- You can play an important role in encouraging a friend to seek help.
- Remind your friend that mental health issues are common and help is available to get better.
- Share the resources that exist on and off campus with your friend. Here are the types of services and supports that exist on college campuses.
- [Read from the slide. If you have a slide or handout with information about your school's available services and supports, share it now].

**Discussion Prompt:**

- What other mental health resources do you think might be valuable on or off campus?

**Slide Transition:** There are also a lot of resources available online.

## Slide 31

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### Key Points

- There is a lot of information available online about mental health. Here is a list of some online resources that exist for college students impacted by mental health issues.
  - [www.NAMI.org](http://www.NAMI.org) provides help to the millions of people impacted by mental health issues.
  - [www.StrengthofUs.org](http://www.StrengthofUs.org) is an online community developed by NAMI and young adults. It's designed to inspire young adults impacted by mental health issues to think positive, stay strong and achieve their goals through peer support and resource sharing.
  - [www.nami.org/namioncampus](http://www.nami.org/namioncampus) provides information and resources to support college students and to empower them to take action on their campuses. This site also includes materials to help colleges in improving the academic and social experience of their students by addressing the mental health needs of all students.
  - [www.ulifeline.org](http://www.ulifeline.org) provides campus-specific mental health information for college students.
- There are also national hotlines that provide support, including the NAMI Helpline at (800) 950-NAMI (6264) for referrals and the National Suicide Lifeline at (800) 273-TALK (8255) for crisis assistance.

### Discussion Prompt:

- What other online mental health resources do you know of that might be helpful?

**Slide Transition:** These resources are available to help a friend and are also available to you to help maintain your health and well-being.

## Slide 32

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### Key Points

- [Read from the slide].

**Slide Transition:** There is also much you can do on a daily basis to maintain your mental health.

## Slide 33

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### Key Points

- Whether you are experiencing a mental health issue or not, your mental health matters. There is much you can do to take care of yourself and make your mental health a priority, especially if you are experiencing a difficult time. Establishing healthy coping skills before there is a mental health issue can leave you better equipped to deal with any issues that may arise. Here are some ideas:
  - Reach out to people who are available to help you reduce college stressors in your life. (e.g., tutors, academic coaches, counselor, mentors, advisors and others).
  - Avoid excessive alcohol use and avoid drug use, which worsen feelings of anxiety and depression.
  - Adopt healthy habits that help you stay physically and mentally strong. Engage in activities like yoga, meditation, mindfulness and breathing exercises and new recipes that use healthy foods. Try getting 30 minutes of cardio exercise a day, which can improve feelings of depression and anxiety.
  - Create time for rest, exercise, socializing, academics, volunteering and positive activities that make you feel good about yourself.
  - Try to think positive and have a positive mindset. You can keep a gratitude journal. You can also consciously spend your time and energy focusing on positive thoughts versus negative ones.
  - Set and achieve short and long-term goals to build opportunities for success into your life.
  - Create a social network that provides you with important support during the good and bad times.
- All of these activities can make a big difference in your mental health and leave you better able to deal with stress and negative feelings.

### Discussion Prompts:

- What do you find helpful to do after a bad day?
- How do you take care of yourself?
- What can sororities and/or fraternities do to better support the mental health and well-being of members?

**Slide Transition:** By taking care of your mental health and making mental health a priority, you set an example for others and make a difference.

## Slide 34

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**IMPORTANT NOTE:** You should test this video before the presentation to ensure it loads properly. You can access it at <http://youtu.be/VF148GE3ED4>. You may want to make your own video using sorority and/or fraternity advisors and other important campus leaders who can make a compelling case for why now is the time to speak up and take action.

### Key Points

- Our nation's leaders have called for a broader dialogue on mental health issues on college campuses.
- National sorority and fraternity leaders have answered this call and have started to focus more on raising mental health awareness with presentations like this one.
- Celebrities have also joined the call for speaking up and becoming more educated on mental health issues.
- Here is a video created by the cast of Lifetime's "Call Me Crazy: A Five Film" to help shed light on mental illness and encourage understanding and conversation.
- It's time to talk more publicly about these issues and to take positive action steps to support mental health. You have already taken the first step by attending this presentation and learning the facts about mental health so thank you.

### Discussion Prompts:

- Now that you are educated on mental health, what action steps do you plan to take next?
- How can we do more to raise mental health awareness on campus and within sororities and/or fraternities?
- What are some next steps that sororities and/or fraternities can take?

**Slide Transition:** You have taken the first step to mental health awareness by educating yourself but there are more ways to get involved in this cause.

## Slide 35

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### Key Points

- If you want to do more to make a positive difference on your campus community, consider starting a NAMI on Campus club at your school.
- [Read from the slide].
- To see if a club exists at your school or to start a club and get access to tons of additional resources for club leaders, visit [www.nami.org/namioncampus](http://www.nami.org/namioncampus) or email [namioncampus@nami.org](mailto:namioncampus@nami.org) for more information on how to get started.

**Slide Transition:** There will also be a second presentation available to learn more about taking action.

## Slide 36

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### Key Points

- If you would like to learn more about how you can get involved in raising mental health awareness on campus, visit [www.nami.org/namioncampus](http://www.nami.org/namioncampus). There will also soon be another presentation available that goes covers activities you can do to educate others on mental health issues.
- Remember, to also use #ItsTime to continue the dialogue about raising mental health awareness. It's time to speak up and to take action to make mental health a priority for everyone.

## Slide 37

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### Key Points

- We would love to learn more about your thoughts on the presentation you just received and what additional information you need about mental health and raising awareness.
- Please take a few minutes to answer five short questions about this presentation. Your thoughts matter and make a difference.
- Your responses will help to inform additional efforts related to college mental health and to ensure that college students receive the information they need to make a difference and to take action on campuses across the country.
- Thank you again for attending this presentation. Thank you in advance for completing the evaluation.
- This wraps up the presentation for today! I hope we can keep the lines of communication open and continue to discuss the important issues raised during the presentation.

## Additional Resources

To review a comprehensive list of mental health resources available for college students, visit [www.nami.org/namioncampus](http://www.nami.org/namioncampus) (click “Check Out Resources”). This site includes more information on StrengthofUs.org, NAMI on Campus, general college mental health information, mental health conditions in college students, how to help a friend, what to consider before starting college, managing mental health conditions in college, student veterans and mental health, alcohol and drug use and other valuable resources.