



## **Mental Health Awareness Month: Tips and Events for**

### **University Students**

Happy **Mental Health Awareness Month**! As students ourselves, we recognize that supporting your mental health as a student can be extremely difficult! With demands from class, homework, family, extracurricular, and job responsibilities on your plate, to name a few, taking time to prioritize your mental health can feel like the bottom of your priority list, and like just another task to add to the pile. Here is why your mental health should be a priority: from a recent national survey that showed approximately 79,250 undergraduate college students, approximately 20.7% reported experiencing moderate to severe psychological distress, which is nearly 1 in every 4 students, with 49.7% of students screening positive for loneliness, roughly half. Further, more than one-third (35.5%) were diagnosed with an anxiety disorder, with 26.9% being diagnosed with depression, to name the most prevalent diagnoses ([American College Health Association, 2024](#)). Learning tips to manage your mental health, whether you have a disorder or not, can help improve your mood regulation, time management, and overall health, even physical health. Whether you are just starting your mental health journey or are a seasoned mental health advocate, here are tips and upcoming events to support your mental health as a college student! These events also raise awareness around mental illness and mental health

issues! We all have mental health, so this **Mental Health Awareness Month**, let us take some time to prioritize it!

The Ohio Program for Campus Safety and Mental Health (OPCSMH) will hold its 7<sup>th</sup> Biennial Conference: **The Evolving Landscape of Campus Behavioral Health** on **May 15<sup>th</sup>, 2025**. Click [here](#) to register! This is a fantastic opportunity to learn more about emerging mental health care concerns, tips to support your mental health and the mental health of your community and loved ones, and to receive support and validation if you are a student who is currently struggling with a behavioral health issue. Learn how your university is working to support you! Additionally, to learn about behavioral health issues college students are facing today, such as depression, anxiety, suicidality, and gambling addiction. The conference is free for students with the promo code **FREE** at checkout, and anyone is welcome; you do not have to be a psychologist or counselor to be invested in mental health! Additionally, there will be great networking opportunities with professionals in mental health and higher education, and fellow students who are enthusiastic about mental health and advocacy. The conference will be held at the OCLC Conference Center in Dublin, Ohio. Please reach out to [OPCSMH@neomed.edu](mailto:OPCSMH@neomed.edu) with any questions!

Additionally, the Ohio Program for Campus Safety and Mental Health (OPCSMH) will hold a webinar on **May 27<sup>th</sup>** titled **"Nothing About Us Without Us: Voices of Ohio Student Mental Health Leaders."** Register [here](#)! This discussion will seek different perspectives from some Collegiate Mental Health Advisory of Ohio (CMHAO) members. Join us for an engaging panel discussion featuring OPCS MH Collegiate Mental Health Advisory members, where student champions will share their reflections on the impact of mental health initiatives on campus from **Mental Health Awareness Month** and beyond.

Mental health awareness focuses on the importance of gaining an understanding that there needs to be a conversation about breaking the stigma of mental health and a wonderful way to start the conversation is through tips to manage mental health. A common cause of sleeping problems is poor [sleep hygiene](#). Stepping up sleep hygiene by cultivating habits and a bedroom setting conducive to sleep can go a long way in reducing sleep disruptions (Sleep Foundation, 2024) People often underestimate the importance of sleep and healthy eating. If you think about making those changes, you can make two effortless lifestyle changes to improve your mental health.

Another tip that I found beneficial to college students when it comes to mental health is Nature is essential in helping to improve one's mood, in the case of natural light and green spaces. “Children living in neighborhoods with more green space had a [reduced risk of developing depression](#), mood disorders, schizophrenia, eating disorders, and substance use disorder”(Kristine, Engemann et al., 2019 as cited in [Mental Health America](#)).

Natural light triggers the release of serotonin and Vitamin D, which are associated with improving people's mood. It is also a great way to help whenever you are stressed. There is also a connection between green spaces and how they help with the management of mental health.

Additionally, please check out our **Mental Health Awareness Month** graphic, sneak peek below and posted on the OPCSMH's social media accounts, for more resources and ways to support **Mental Health Awareness Month** on your campus! Some **Mental Health Awareness Month** campaigns we celebrate at the OPCSMH include #BeSeenInGreen, wearing green to support mental health awareness in May. You can post just yourself, or with your colleagues and classmates, and check out the OPCSMH's #BeSeenInGreen picture at the bottom. You may remember the ALS Ice Bucket Challenge from 2014; it has been revived over ten years later by University of South Carolina's MIND club (Mental Illness Needs Discussion) for **Mental**

**Health Awareness Month.** Seeing such a successful awareness campaign refreshed to support mental health is exciting! Join the challenge, and challenge some friends to do it with you, especially as Spring finally brings warmth to Ohio! Some other campaigns we are following include Spotify's "Take A Beat" relaxing playlist campaign, which promotes music as a coping tool for stress, Calm's "30 Seconds of Silence" campaign, reminding us to take just 30 seconds each day this month to slow down, check in with ourselves, and breathe. Finally, you can promote mental health awareness monthly, including this May, by sharing the OPCSMH's graphics! Follow us to learn more and stay up to date with our initiatives, [Ohio Program for Campus Safety & Mental Health](#) | [NEOMED](#).





## Resources:

[988 Options for the Hard of Hearing](#) is a network of 988 centers offering services for Deaf and hard-of-hearing people, including veterans.

[Active Minds](#) - a nonprofit organization that mobilizes youth & young adults to transform mental health norms across society.

[Bring Change to Mind](#) - a non-profit organization encouraging dialogue around mental health.

[Call Blackline](#) - call **1(800)604-5841**, provides a space for peer support, counseling, reporting of mistreatment, witnessing and affirming the lived experiences for folks who are most

impacted by systematic oppression with an LGBTQ+ Black Femme Lens, prioritizing BIPOC (Black, Indigenous, and People of Color).

**Campus Resources** -Search online and contact your college's counseling services, confide in a trusted professor/staff member, or contact a trusted peer about your feelings. You are not alone!

**Crisis Hotlines and Resources** -includes information about mental health hotlines to call depending on your needs.

For Veterans and their loved ones, **dial 988 and press 1.**

**Go Ask Alice!** - allows people to ask about general health and other health topics anonymously.

**JED** - The Jed Foundation (JED) is a nonprofit that protects emotional health and prevents suicide for our nation's teens and young adults, giving them the skills and support they need to thrive today...and tomorrow.

**Línea 988** - 988 Lifeline ofrece servicios gratuitos en español las 24 horas del día, los 7 días de la semana. No tiene que hablar inglés para recibir ayuda.

**Mental Health Resources for Marginalized Communities** - a resource guide sharing suicide prevention resources focused on supporting individuals in marginalized communities, including the Jewish, Muslim, Black, Hispanic/Latinx, Asian American, Native Hawaiian, Pacific Islander, and Native and Indigenous communities, as well as general resources.

**The American College Health Association** is a nationally recognized, long-running college student mental health survey that helps people understand and access the most recent youth mental health research.

**The Ohio Program for Campus Safety & Mental Health** - a committee dedicated to promoting suicide prevention & mental awareness to students, faculty, and staff at higher education institutions across Ohio.

**TrevorSpace** - an affirming, online community for LGBTQ+ people 13-24 years old.

**Veterans Crisis Line** - 24/7, confidential crisis support

