

When College Life Gets Too Overwhelming

How do I know if I need to get help?

It's normal to be stressed out and fall down on occasion, but if these feelings go on for weeks and months, you may be experiencing more than just difficulty adjusting to college life. When you feel so overwhelmed that it begins to interfere with your school work, sleep patterns, and eating habits, it is time to get help.

Where can I go for help?

Often, the best place to start is your student health center or university counseling service on campus. If you would prefer talking to someone else first, approach your Resident Advisor or talk to someone at Campus Ministry.

Ask friends and family for help and support. Most people who care about you will be glad to support your efforts to get help for a mental health or substance abuse problem.

If you are concerned about seeking help on campus, contact your local Mental Health America affiliate or Mental Health America Resource Center at (800) 969-6642.

Celebrity Opinions on Getting Help

"I'm a musician who has had depression but I don't recommend music as a cure. I recommend taking this illness seriously and getting professional help! I started to feel better when I went to therapy and I became MORE creative after that." **Dar Williams, musician**

"Since seeking help and getting appropriate treatment for my depression, I have felt more engaged with and closer to family and friends, and have been able to fully capture my creativity." **Shawn Colvin, musician**

"Therapy is an incredible thing and you might get to know someone who you didn't even know was in there. I don't think kids need to feel like the oddball. It's something neglected very much. I just know it's a really good thing for kids. It's about life in general and managing life." **Alex Rodriguez, professional baseball player, television show "Extra" interview**

Other off-campus resources include:

- Family physician
- Support groups (these can be found in local newspapers.)
- Online communities and chat rooms (These can be helpful but make sure they are credible, positive sites.)
- Hotlines such as 1-800-SUICIDE, 877-GRADHLP, or 877-YOUTHLINE

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For a free and confidential mental health screening, go on-line to www.mhacolorado.org.