

LET'S TALK ABOUT MENTAL HEALTH

The Importance of Taking Care of Your Mental Health During COVID-19

College Students, Mental Health, & COVID-19

When Active Minds asked college students about their mental health during the COVID-19 pandemic:

- 80% reported that their mental health has worsened
- 91% reported feeling stressed or anxious
- 80% reported that they felt sadness or disappointment
- 63% reported that they struggled to stay connected with others

- 60% reported that virtual face-to-face time with friends and family helped their mental wellness
- 48% reported that they had experienced a financial setback
- 48% reported that they found it harder to find privacy or a quiet space in their current living space
- 85% reported that staying focused on school or work was difficult for them in their current living space



Did you move back home?

These tips can help if you've had to move back in with family:

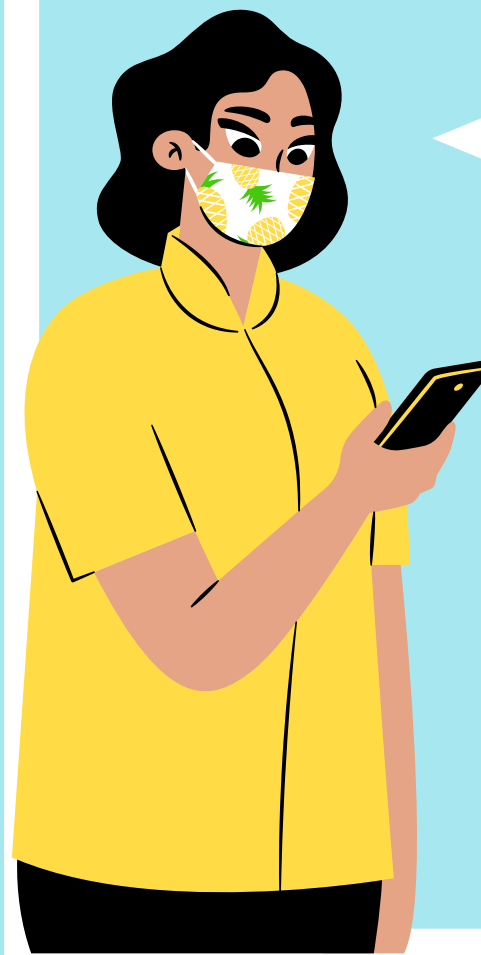
- Set boundaries with your family - let them know when you have class or when you need some personal space
- If possible, find a space in the house that you can use for studying and classes - avoid relaxing here as separating class and relaxation is important
- Make sure you have an established routine as this can help you create a head space of going to class
- Call and video chat with friends regularly
- Write your thoughts and feelings out to help process them



Did you go back to campus?

The following can reduce anxiety you may have about moving back to campus:

- Set boundaries and expectations with roommates about COVID-19 prevention
- Discuss mask wearing, social distancing, and personal risk levels
 - If you or your roommate are high-risk, make sure you are on the same page
- Take time to cope with changes due to COVID-19
 - It is okay to be upset that your college experience may not be what you expected
- Don't be afraid to talk to your friends or roommates about your mental health, they may be experiencing the same thing



Don't Be Afraid to Reach Out

Your school has mental health professionals ready to help. Call the student health center to schedule an appointment!

If you need help right now, the following mental health hotlines are available 24/7:
San Diego Access & Crisis Line: Call 1-888-724-7240 for immediate support and resources, interpreter services available in 150 languages
National Suicide Prevention Line: Call 1-800-273-8255
Crisis Text Line: Text "Hello" to 741741
Trevor Lifeline: If you are LGBTQ+ and 25 years old or younger call 1-866-488-7386
National Domestic Violence Hotline: Call 800-799-7233
National Sexual Assault Hotline: Call 800-656-4673



Taking Care of Yourself

Make sure you are practicing self-care to ensure you stay healthy and happy! The key to self-care is finding what works best for you!

Here are a few things you can do to practice self-care:

Stay Connected Safely: Schedule time to virtually hang out with friends
Prevent Boredom: Now's a good time to start a new hobby or learn a new skill like gardening, painting, cooking, reading, or learning a language
Cope with stress: Practice relaxation techniques like meditation, nature walks, or mindfulness
Care for Your Body: Create and maintain routines for eating healthy, be physically active, and be sure to get enough sleep

