Student's Guide For Wellness

College can be tough. Life can be tougher. Together, these experiences can lead students to need some extra support. Here is a sheet that lays out some resources to identify or find on your campus, in the community, or online for ourselves and others. The handout also suggests some ways to make overall wellness a priority for your Bonner Program.

Events to consider bringing to your campus!

A Mental Health Awareness Week, possibly even hosting a Mental Health Awareness Discussion with an interactive panel.

A "Stop The Stigma" Day to help reduce the stigma behind seeking help for different illnesses.

Bring therapy dogs or pets out for students to interact with!

Chill & Chat: An event that lets students hangout in the counseling center office and meet the counselors.

For wellness, check if your campus has any of the centers or offices below!

Counseling Services/Counseling Center
Campus Chaplains
Campus Health Services
LGBTQ+ Center
Race-Based Centers (i.e. Black Student Center)
First Year Experience/First Year Student Center

Bonner Resources on the Wiki!

5 Key Tips For College Students Wellness
101 Wellness Tips For College Students
Changes in Student Wellness
A Student's Guide To Wellness
Student Leader's Guide To Wellness

NATIONAL SUICIDE PREVENTION LIFELINE™
1-800-273-TALK
www.suicidepreventionlifeline.org

In the event of a crisis or if you just need someone to talk to, here are some national resources!

The national crisis hotline is 1-800-273-8255

GOT MENTAL HEALTH RESOURCES?
Center for Collegiate Mental Health 2016 Annual Report

139 institutions were surveyed about the mental health resources they offer to students. Here are some key findings

Counseling centers currently accredited by the International Association of Counseling Services.

YES 50.4%   49.6% **NO**
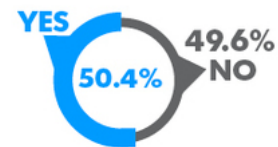
Psychiatric services provided by college centers.

13.2%
5.9%
8.8%
30.9%
41.2%
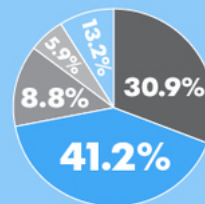
- part-time, in-house
- full-time, in-house
- none
- other
- part-time, off-campus

Top 5 mental health concerns

- ANXIETY
- DEPRESSION
- STRESS
- FAMILY
- SCHOOL

Graphic: Sophia Tulp, USA TODAY College

USA TODAY COLLEGE