

**If you're feeling anxious,
depressed or just not yourself,
there's no shame in getting help.**

Mental health impacts how we manage our daily lives, from classes, to relationships, to our physical health. Approximately 44% of college students reported having symptoms of depression and anxiety.* Help is available. It's important to ask yourself questions about your mental health to determine if it's time to reach out.

ASK YOURSELF:


- 1 Have you found little interest or pleasure in doing things you typically enjoy?
- 2 Do you have trouble falling asleep, staying asleep, or sleeping too much?
- 3 How have your eating habits been? Have you been eating too much or not at all?
- 4 Have you found yourself withdrawing and isolating from friends and family?
- 5 Have you been feeling bad about yourself? Or feeling like a failure and have let yourself or your family down?


* ["College students and depression: A guide for parents." Mayo Clinic.](#)

YOUR LIFE IOWA IS ALWAYS HERE FOR YOU.



If you answered yes to one or more of these questions, you're not alone. Many college students are impacted by mental health concerns. Your Life Iowa is here to support you and connect you to help. You can call, text or chat online with us 24/7.

 **CALL:**
(855) 581-8111

 **TEXT:**
(855) 895-8398

 **CHAT:**
YourLifelowa.org

It's important to be proactive in taking care of your mental health. You can take steps daily to ensure you're feeling your best. If it's time to reach out, Your Life Iowa is your everyday life support for concerns about mental health.

TIPS FOR TAKING CARE OF YOUR MENTAL HEALTH:*

- 1 Go for a walk or get regular exercise or physical activity.
- 2 Find a therapist or other mental health provider you feel comfortable talking to. Your Life Iowa can help you find resources in your area.
- 3 Journal or have some form of self reflection
- 4 Stay connected with friends and family
- 5 Having a regular sleep schedule
- 6 Setting realistic goals for yourself
- 7 Find time for activities and hobbies you enjoy (painting, gardening, reading etc.)

SYMPTOMS OF ANXIETY DISORDER:**

Feelings of nervousness or restlessness
Feelings of impending doom
Trouble focusing
Avoiding activities that increase anxiety
Rapid breathing, increased heart rate

SYMPTOMS OF DEPRESSIVE DISORDER:^

Feeling hopeless, sad, or empty
Lack of energy
Loss of interest in activities you once enjoyed
Feelings of worthlessness
Irritable outbursts

* ["Caring for Your Mental Health." National Institute of Mental Health. December 2022](#)

** ["Anxiety disorders." Mayo Clinic. May 4, 2018.](#)

^ ["Depression \(major depressive disorder\)." Mayo Clinic. Oct. 14, 2022.](#)

YOUR EVERYDAY LIFE SUPPORT.



Your Life Iowa is here to support you and connect you to help if you have concerns about mental health. You can call, text or chat online with us 24/7 - and it's free!

We walk beside you so you're never alone.



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