

# how are *you* doing?

(we really want to know)

How are you doing? It's a question we hear all the time, and it's easy to just say "fine." But if you are struggling with **depression, anxiety, stress or other emotional issues**, you should let someone know. College can be a challenging time when many students feel overwhelmed. In fact, a recent national survey showed that almost half of all college students were so depressed that they couldn't function at some point during the last school year.

If you were **having trouble with a class**, you'd **ask for help**. If you were **in physical pain**, you'd **see a doctor**.

## reach out

If you, or a friend, are having a difficult time, it's important to reach out for support.

Talk to a friend, family member or someone else you trust.

*Contact your campus counseling center.*

If you're having thoughts of suicide or any type of self-harm, call 1-800-273-TALK now

**Your mental health is just as important.**



**CAMPBELL**  
UNIVERSITY

**Counseling Services**  
(910) 814-5709

233 Leslie Campbell Avenue  
(across from Luby Wood Residence Hall)

ULifeline is a project of The Jed Foundation, a nonprofit organization focused on reducing the rate of suicide and the prevalence of emotional distress among college students. Half of Us is a social awareness campaign launched by The Jed Foundation and mtvU.

## learn more and check yourself

ULifeline.org and HalfofUs.com are online resources where you can learn more about mental health and take an anonymous screening to understand more about how you're feeling.

**ULifeline**

half of us  
.com

