



HOPE 4 U

Active Minds at Jefferson College is encouraging everyone to take care of their mental health. We are using the theory of 6 degrees to inspire everyone to have **6** people who can be there for you to celebrate life and hold you up when times are tough. Every year **1100** College students lose their lives to completed suicide. Look for us each month in the cafeteria for a surprise lunch giveaway and fun ways to connect to 6.

Active Minds at Jefferson College wants to change the conversation about mental health on campus.

Why should you be concerned about student mental health?

- The average age of onset of 75% of mental health disorders is 14-24.
- 1,100 college students die by suicide each year making it the 2nd leading cause of death on college campuses.
- 44% of college students report having felt so depressed in the past year it was difficult to function.
- 2/3 of students who need help don't receive it.

Active Minds' goal is to help students become emotionally healthy before they reach the point of crisis. This includes:

- Empowering students to speak openly about mental health in order to educate others;
- Supporting students in making lifestyle changes that promote sounder mental health;
- Encouraging students to seek help when they need it;
- Providing information, leadership opportunities and advocacy tools

