

# **THE IMPORTANCE OF MENTAL HEALTH & WELL-BEING IN ACADEMIA**

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# WHAT IS MENTAL HEALTH?

## IS ...

- Important
- Something everyone has
- Intrinsically linked to physical health
- On a continuum
- Worth making time for
- Part of being human
- Something we need to look after
- Positive & Negative
- Changeable
- Complex
- Real

## ISN'T ...

- A sign of weakness
- Shameful
- All in your mind
- Always something negative
- Something you decide to have
- Something to think about only when it feels “broken”
- An interchangeable term with mental illness
- Feeling good all the time
- Something you can snap out of
- Fixed
- Fake news



# RESEARCH

According to the Suicide Prevention Resource Center (n.d.), “Mental health problems can affect a student’s energy level, concentration, dependability, mental ability, and optimism, hindering performance.

Research suggests that depression is associated with lower grade point averages, and that co-occurring depression and anxiety can increase this association. Depression has also been linked to dropping out of school.”



# NEGATIVE EFFECTS OF MENTAL DISTRESS

What is the impact of stress and anxiety on student academic progress? 🔍

When a student feels anxious or stressed most of their mental energy is directed towards generating and dealing with troubling thoughts.

This can make it very hard for students to concentrate on positive thoughts and can be quite tiring, which reduces their ability to learn (International Board of Credentialing and Continuing Education Standards, 2024).

# INFORMATION ON STRESS & ANXIETY

## STRESS

- Generally is a response to external cause, such as taking big test or arguing with a friend.
- Goes away once the situation is resolved.
- Can be positive or negative. For example, it may inspire you to meet a deadline, or it may cause you to lose sleep.

## BOTH

Both stress and anxiety can affect your mind and body. You may experience symptoms such as:

- excessive worry
- uneasiness
- tension
- headaches or body pain
- high blood pressure
- loss of sleep

## ANXIETY

- Generally is internal, meaning it's your reaction to stress.
- Usually involves a persistent feeling of apprehension or dread that doesn't go away, & that interferes with how you live your life.
- Is constant, even if there is no immediate threat.

# WAYS TO REDUCE STRESS

- **Maintain a healthy diet.**
  - [8 Tips for Healthy Eating](#)
  - [My Plate](#)
- **Move your body (exercise regularly).**
  - [CDC: Moving Matters](#)
- **Prioritize getting rest.**
  - [CDC: About Sleep](#)
- **Manage expectations (of self & others)**
- **Set boundaries (“No” is complete sentence)**
- **Daily reflection (opportunity for accountability, prayer, journaling)**
- **Engage in hobbies & prioritize fun things you like to do.**
- **Practice mindfulness (sitting still).**
- **Prioritize taking breaks when necessary.**
- **Be aware of the warning signs.**



# MINDSET MATTERS

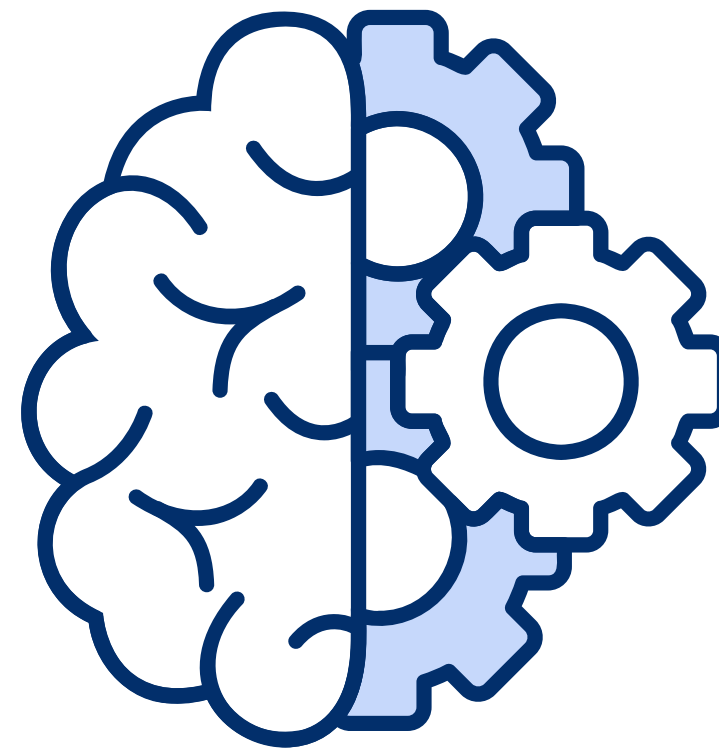
How can I develop a mindset that helps me stay motivated & resilient when I feel overwhelmed or doubt my abilities in school?



## **GROWTH** *mindset*

- I'll keep trying.
- I can always improve.
- This may take some time & effort.
- I need to figure out what I did wrong & get some help.
- I'm on the right track.
- What am I missing?
- I'll use some of the strategies I've learned.

**VS.**



## **FIXED** *mindset*

- I'm just not good at this.
- I give up!
- I'll never be as smart.
- This is too hard.
- I'm never going to get this.
- I can't make this any better.
- Failure is the limit of my abilities.
- Feedback & criticism are personal.



# CAMPUS RESOURCES

- **Latasha Norman Center for Counseling Services**

- Services
  - Mental health assessments
  - Short-term counseling
  - Crisis intervention
  - Outreach
  - Graduate student training

Website: [www.jsums.edu/latashanormancenter](http://www.jsums.edu/latashanormancenter)

Phone: 601-979-0374

Email: [latashanormancenter@jsums.edu](mailto:latashanormancenter@jsums.edu)

- **The Applied Psychology Services Clinic (APSC)**

- Services
  - Psychological assessments & testing
  - Interventions
  - Consultations

Website: <https://www.jsums.edu/apsc/>

Email: [apsc@jsums.edu](mailto:apsc@jsums.edu)

Phone: 601-979-3381

- **Safe Areas for Students on Campus**

- Meditation Room, Student Center, 2nd floor





# LOCAL RESOURCES

- **Hinds Behavioral Health Services**

- Services

- Medication evaluation and management
- Individual counseling
- Group counseling
- Crisis intervention

Website: [www.hbhs9.com](http://www.hbhs9.com)

Main Phone: 601-321-2400

Mobile Crisis: 601-953-6381

- **NFusion Metro**

- Services

- Interventions for severe & profound mental health conditions
- Medication
- Evaluation & management
- Substance abuse
- Employment skills

Website: [www.hbhs9.com/nfusion-metro](http://www.hbhs9.com/nfusion-metro)

Phone: 769-233-7429



# NATIONAL RESOURCES

- **Meta Teletherapy**

- This counseling service allows students to choose a counselor with whom they can connect whenever & wherever they choose, from the privacy of their own phone.
- Services
  - Counseling via online, telephone, & chat

Website: <https://www.meta.app/students-meta-teletherapy>



- **National Suicide Prevention Hotline**

- Services
  - Crisis intervention

Website: <https://988lifeline.org/>  
Text or dial 988