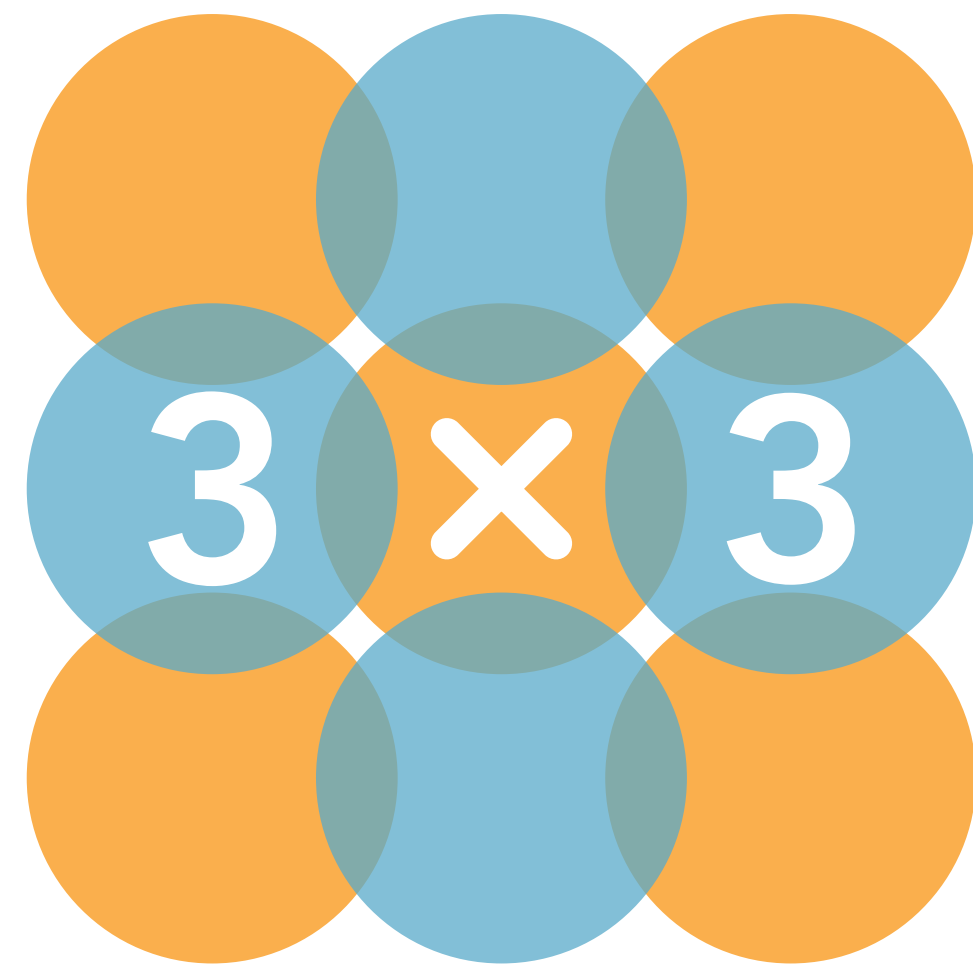




WELCOMING STUDENTS WITH A MENTAL HEALTH DIAGNOSIS

3x3 resources give you quick tips and tools on various subjects.

- 3 facts to **know**
- 3 mistakes to **avoid**
- 3 activities to **try**



[The Access InterVarsity Library Collection](#)



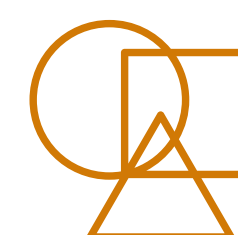
Questions or Comments? Email: kathlyn.roffina@intervarsity.org
Put "Disabilities 3 x 3" in the subject line.

3 FACTS TO **KNOW**

- 1 in 5 adults in the in the U.S. (52 million in 2020) have a mental health diagnosis.
*According to the National Institute of Mental Health

- Everyone experiences worry and feeling down. With a clinical diagnosis, symptoms last at least two weeks and keep people from functioning at their typical level.

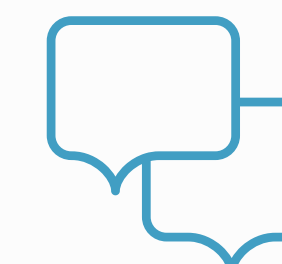
- There are many different mental health diagnoses including/not limited to bipolar disorder, depression and anxiety disorders. While there are common symptoms, **each person's experience of the diagnosis is unique.**



3 MISTAKES TO **AVOID**

- Don't judge or spiritualize something that is biochemical.** Ex: you wouldn't tell someone who has diabetes to stop taking their insulin and instead pray, read the Bible and have more faith.

- Watch your language. It's easy to say things like, "I'm kind of OCD" but Obsessive Compulsive Disorder is a real anxiety disorder. Be respectful.



- Don't stop including your friends with mental health diagnoses. Let them decide if they want to participate or not.

3 ACTIVITIES TO **TRY**

- Be an empathetic listener. Learn to say, "That sounds hard," and "I'm sorry."

- Check out your campus counseling center to know what resources are available. **Encourage friends to seek professional help** if they've repeatedly tried to change thoughts, feelings or actions but have been unsuccessful on their own.

- In a crisis, call the Suicide Crisis Hotline at 988 or text [988 Suicide and Crisis Lifeline](#).

