Mental Health Issues are Prevalent Among Young Adults

In October 2018, Kate Fagan, author of *What Made Maddy Run*, spoke with Lehigh students, athletes, coaches and staff about Maddy Holleran’s story. Maddy was a first year student at Penn when she took her own life. Fagan revealed the culture of intense pressure to perform academically and athletically for but not limited to student athletes, found on many college campuses. The author shed light on the dynamic of presenting ourselves in a reality that is driven by perfectionism and masked in the digital and social media world. Instagram and Snapchat and the ever-changing filters allow you to put a positive and seemingly flawless picture of your life on display when things really may not be so great.

We believe the more you understand mental health issues, the better you may be able to cope. It is important to speak outwardly and openly about this topic, and understand there is help, it is treatable, and you are not alone.

Helping Yourself

### REACH OUT AND STAY CONNECTED

Face to face interactions, rather than text or social media, are important parts of being human, healing, and showing emotions.

### DO THINGS THAT MAKE YOU FEEL GOOD

You might be surprised how much better you feel once you’re out in the world. Support your health by giving it the rest/sleep it needs, practice relaxation techniques.

### GET MOVING

Exercise is a powerful depression fighter. Even just a walk with a friend, a pet, or some of your favorite music. Energy levels will improve as you get into a routine.

### EAT A GOOD DIET

Don’t skip meals, this can make you feel irritable and tired. Try to minimize sugar and processed foods—try to limit yourself to one cup of coffee a day. Stick to whole foods, fruits—especially citrus—vegetables, chicken and eggs. Nut and nut butters, fatty fish like salmon and tuna, all help stabilize mood.

### SAY IT WITH US—SUNLIGHT!

Sunlight is scientifically proven to boost your mood. Exercise is a powerful depression fighter. Even just a walk with a friend, a pet, or some of your favorite music. Energy levels will improve as you get into a routine.

### CHALLENGE NEGATIVE THINKING

Depression puts a negative spin on your thinking. Try to identify the negative thoughts and replace them with balanced thinking. Try not to dwell on the few negative things in your life and pinpoint the pleasant.

Helping Others

### DOS vs. DONT’S

<table>
<thead>
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<th>DO</th>
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<tbody>
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<td>If you are concerned about someone, ASK them how they are and let them know you are concerned.</td>
<td>Don’t stay silent: trust your gut and speak up.</td>
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<td>Let the person talk and LISTEN to them without judgment.</td>
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<td>Reassure them that treatment and help is available.</td>
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<td>If the person seems or is suicidal, tell him or her what he or she is experiencing is treatable, help is available. Help a friend get help by calling 9-1-1 or Counseling &amp; Psychological Services.</td>
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### COMMUNITY

Being a member of the University community can be the best four years of your life. It can also come with some of the biggest, most stressful challenges. For some, when you experience high amounts of stress, it can exacerbate conditions such as anxiety and depression.

Helping Others

### Dos

- If you are concerned about someone, ASK them how they are and let them know you are concerned.
- Let the person talk and LISTEN to them without judgment.
- Reassure them that treatment and help is available.
- If the person seems or is suicidal, tell him or her what he or she is experiencing is treatable, help is available. Help a friend get help by calling 9-1-1 or Counseling & Psychological Services.

### Don’ts

- Don’t stay silent: trust your gut and speak up.
- Don’t try to minimize problems or shame a person into changing his or her mind.
- Don’t try to convince a person who is depressed that, “it’s not that bad.”
- Don’t preach about depression being right or wrong.

Resources

- Counseling & Psychological Services: Johnson Hall, 4th Floor, 610-758-3880
- Health and Wellness Center: Johnson Hall, 3rd Floor, 610-758-3870
- LUPD: 321 East Packer Avenue, 610-758-4200

### Upcoming Events

- **Thursday Night Trivia** @ Hawk’s Nest, 10PM
  - Saturday, 1/26 - Rolling Through the Decades @ Lamberton, 9PM
  - Thursday, 1/31 - Fifa Tournament @ Lamberton, 10PM
  - Saturday, 2/1 - Be Your Own @ Lamberton, 10PM
  - Saturday, 2/9 - Mr Burgundy and Mr Grey: Universal Love Edition @ Lamberton, 8PM
  - Friday, 2/15 - The 5 Senses of Consent @ Williams Global Commons, 9PM
  - Saturday, 2/16 - Laser Tag @ Lamberton, 8PM
  - Saturday, 2/23 - Wingo: Spring Break Theme @ Hawks Nest, 10PM

- **January 31 - 7PM** @ Packard101
  - Turning Tragedy into Progress, a hazing prevention presentation where Jim and Evelyn Piazza, and Rich Braham turn their heartbreak into an important lesson across college campuses.

- Check out the new Meditation Room at Taylor Gym! Unplug, unwind, and refocus in the 2nd Floor Studio. Monday, Wednesday from 10am-2pm and Tuesday, Thursday and Friday from 1-15pm · 4:45pm. Sign up for fitness classes this spring at go.lehigh.edu/fitness.