WELCOMING STUDENTS WITH A MENTAL HEALTH DIAGNOSIS

**Three Things to Know**

1. One 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. https://www.nimh.nih.gov/health/statistics/mental-illness
2. 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.
3. 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.

**Three Things to Avoid**

1. 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.
2. 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.
3. Don't stop including your friends with mental health diagnoses. Let them decide if they want to participate or not.

**Three Things to Try**

1. Be an empathetic listener. Learn to say, "That sounds hard," and "I'm sorry."
2. 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.
3. In a crisis, call the Suicide Crisis Hotline at 988 or text [988 Suicide and Crisis Lifeline](https://nam10.safelinks.protection.outlook.com/?url=https%3A%2F%2F988lifeline.org%2F&data=05%7C01%7Cdebbie.abbs%40intervarsity.org%7C750c9d66c55f4543fa8908da7ef04def%7C2640efc8160349c5b70c71dc09f3c4b4%7C0%7C0%7C637961884146625313%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=lmFwrqSS2BDAqUdmHAYz2rFNruP7d8xhy%2Fz%2BW5LfcQE%3D&reserved=0).

**More Resources**

Questions? Email Laura at laura.vellenga@intervarsity.org

or Skip at skip.mcdonald@intervarsity.org

Put "Mental Health" in the subject line.

Ideas for other 3X3s on mental health or disabilities?
Email Deb at debbie.abbs@intervarsity.org.

Put "Disabilities 3x3" in the subject line.