

# More Resources

Questions? Email Laura at  
[laura.vellenga@intervarsity.org](mailto:laura.vellenga@intervarsity.org)

or

Skip at [skip.mcdonald@intervarsity.org](mailto: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](mailto:debbie.abbs@intervarsity.org).  
Put "Disabilities 3x3" in the subject line.

## What is a 3x3?

Three-by-threes are quick start guides for ministry on  
campus and beyond.

Each contains:

- 3 important facts to know
- 3 common mistakes to avoid
- 3 suggested activities to try on campus



**Welcoming  
Students with a  
Mental Health  
Diagnosis**



## 3 Things to Know

- 1 Young adults aged 18-25 years old have the highest prevalence of AMI (Any Mental Illness) at 25.8% according to [2017 National Survey on Drug Use and Health](#) (NSDUH).
- 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.

## X 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.

## 3 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 National Suicide Prevention Lifeline at 1-800-273-8255. It provides 24/7, free and confidential support. 

This template is for printing/copying on **8.5" x 14" legal size paper** (For professionally printed 3x3s (like ISM and GFM sell on the InterVarsity Store) a separate high-res design is needed.

Each panel is 4.67" x 4.67" (which may be helpful to know when cutting/trimming the printout to size – remove ~ 1 7/8" from top and bottom of legal size paper)

Your printer will probably say this file exceeds the margins, but don't make adjustments if you want the size to be correct. There is about 0.5" of white space all around, so nothing should get cut off.

#### To Print:

- Select Legal Paper
- Landscape mode
- 2-sided printing
- Flip / binding on Short End
- Color
- Pages 1-2