

OVER **75%**  
OF COLLEGE  
STUDENTS FACE  
MENTAL HEALTH  
STRUGGLES.



Find your local support systems.  
Learn more, open up, and get real about  
your mental health struggles and others  
around you.

**#YOUMATTERECU**  
THERE IS HOPE. THERE IS HELP.

**1 IN**  
**4**  
COLLEGE STUDENTS  
DON'T KNOW WHERE  
TO GO FOR HELP.

