#NoStigma

4 in 5 Bobcats feel overwhelmed by all they have to do

2 in 5 Bobcats have overwhelming anxiety

1 in 4 are depressed and find it difficult to function

HealthyCatsTxSt Asking for Help Isn’t Crazy. #NoStigma

Do you ever feel anxious, depressed, stressed, or unfocused? Do you have friends that feel this way? You are not alone! Asking for help isn’t crazy!

Resources are available!

OnCampus
- Counseling Center
  Available to students by appointment for personal, social, career, and academic counseling
  $12.245.2208

- Student Health Center
  Provides a variety of health and mental health services to students by appointment
  $12.245.2161

Online
- Halfofus.com
  A part of the JED Foundation. Raises mental health awareness on campus and provides appropriate online resources

- ULifeline.org
  A part of the JED Foundation. Online mental health and suicide prevention resource center provided for college students

Hotline
- National Suicide Prevention
  24hr hotline offering confidential support nationwide for a variety of problems
  1.800.273.8255

- Avail Crisis
  24hr hotline providing psychological assistance to Hays county residents
  1.877.466.0660

Tx State NCHA 2010 Survey Results