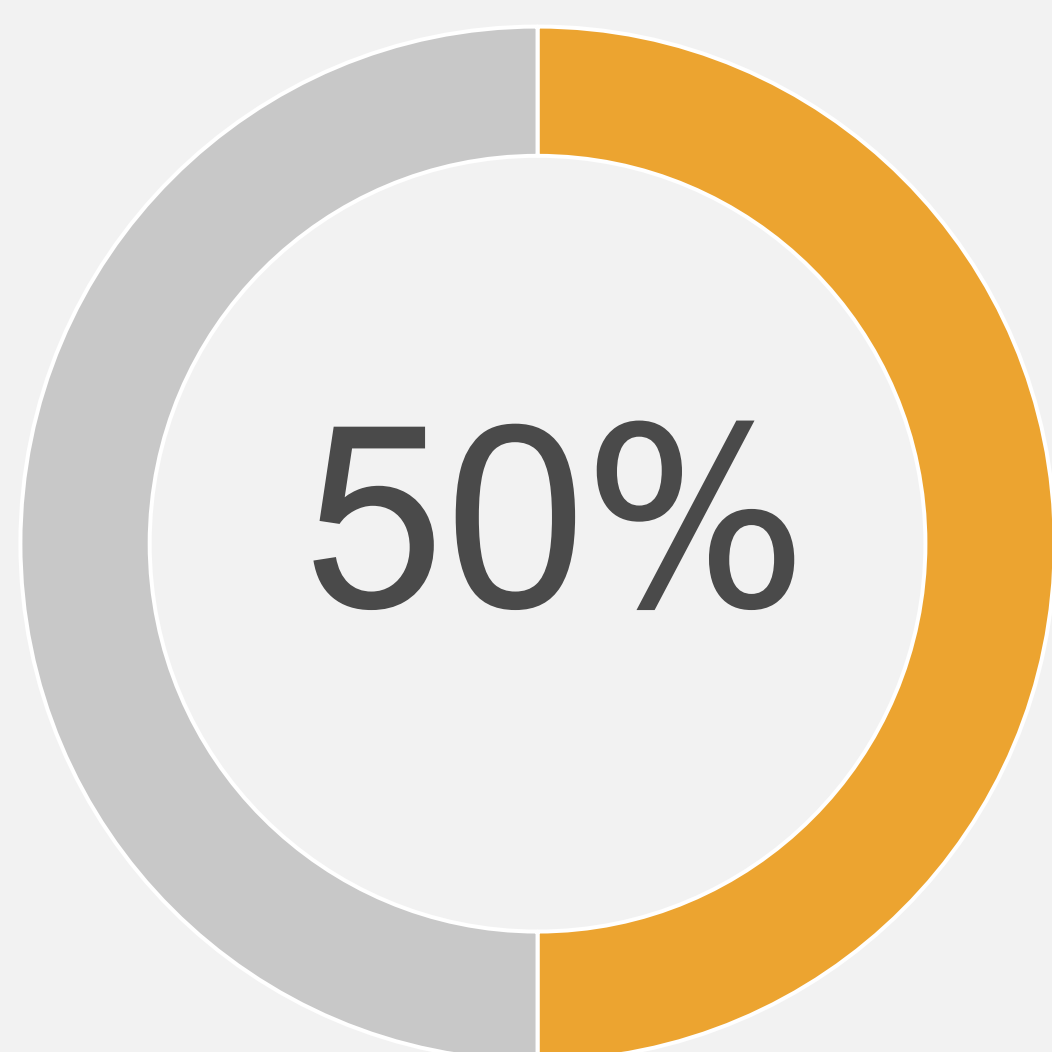


# ASU Mental Health Support Activities

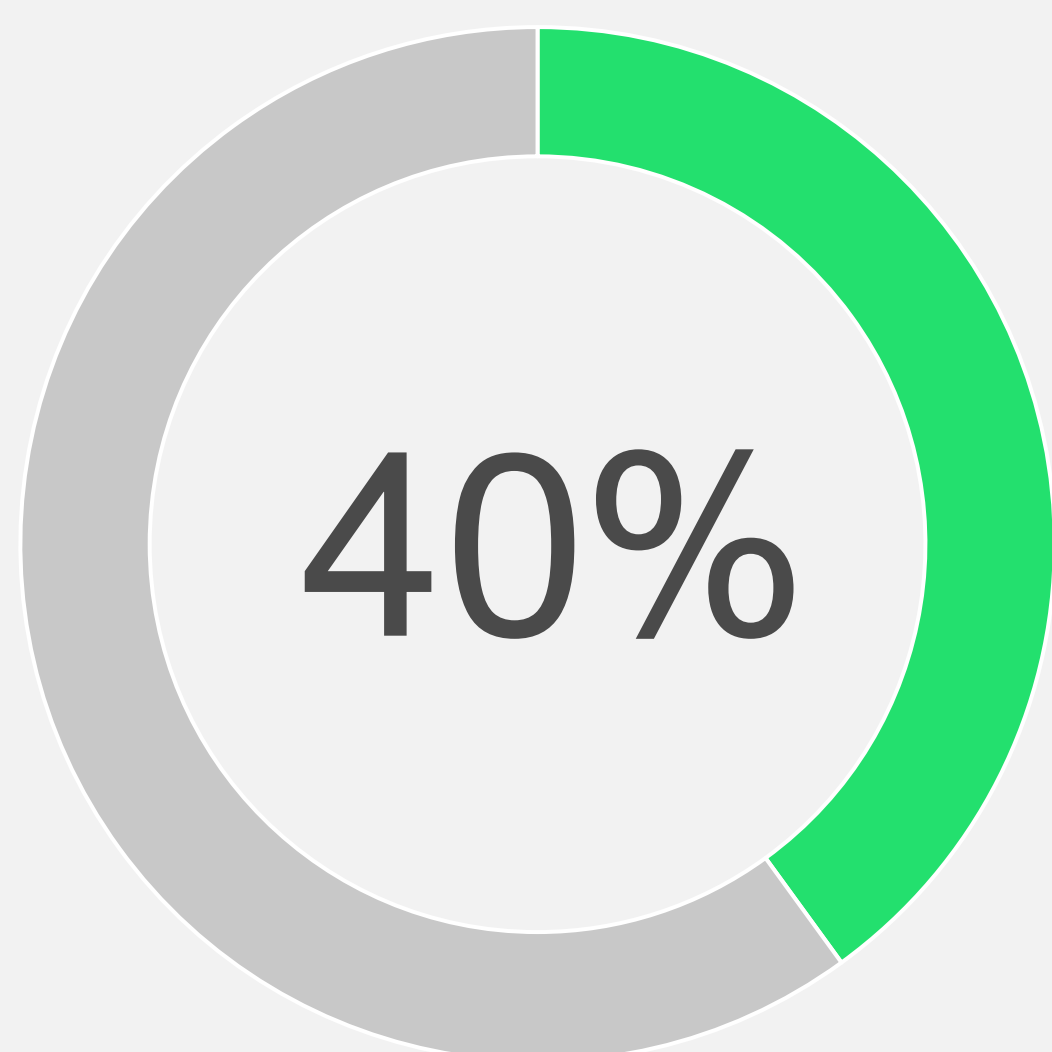


## The Problem:

- College students have different mental and physical health challenges
- ASU needs interactive activities focused on all mental health issues



Of students have felt overwhelming **Anxiety**



Of students have felt more than average **Stress**

## The Solution:

- Offer activities and information sessions based on different mental health challenges
- Student led hikes, field days, cooking classes, and boating are examples of activities
- Offering treatment and support out of the counseling office helps student be active and improve mental health

### Sources:

College Students' Mental Health Is a Growing Concern, Survey Finds." Monitor on Psychology, American Psychological Association, June 2013, "The importance of physical and mental health in explaining health-related academic role impairment among college students." Journal of Psychiatric Research, vol. 123, 29 January 2020,