

# REALSTORIES

I had a friend die by suicide my first year of grad school, and after that, my own problems began to add up. I found myself thinking a lot about suicide. I told my doctor what I was going through, and he prescribed an anti-depressant and suggested I talk to a counselor. He was really cool about the whole thing, and made me feel like I wasn't a weirdo. Through therapy I found it's completely normal to sometimes feel sad, and I also discovered how helpful it is to talk about my problems.

*-Kyle, 32*

**MU Counseling Center, 119 Parker Hall**  
Located on 6th Street (north of Engineering)  
(573) 882-6601

**MU Student Health Center, 1101 Hospital Drive**  
Located at Hitt St. & Hospital Dr.  
(573) 882-7481

Published by the Wellness Resource Center under Grant No. SM57376 from SAMHSA through the MO Department of Mental Health.

Please note, while this is a real story from a college student, the person featured does not attend the University of Missouri - Columbia.

