What’s the deal with mental health?!
What is mental health?
EVERYONE has mental health!

Psychological well-being and satisfactory adjustment to society and to the ordinary demands of life
(Dictionary.com unabridged).

What is mental illness?
Mental illness can happen to anybody regardless of age, culture, race, gender, ethnicity, economic status or location!

A lot of people start experiencing mental health disorders when they are between the ages of 18-24.

Why you should care about mental health: since everyone has mental health, taking care of yourself is vital to your overall health!

Have questions or want to get involved?
Contact activeminds@missouri.edu
Your mental health is just as important as your physical health!

Unfortunately stigma prevents a lot of people from taking care of their mental health.

What is stigma?

Stigma refers to a cluster of negative attitudes and beliefs that motivate the general public to fear, reject, avoid, and discriminate against people with mental illness. Stigma is widespread in the United States and other western nations. Stigma leads others to avoid living, socializing, or working with, renting to, or employing people with mental disorders.
What can I do to combat stigma and learn more about mental health? Join Active Minds!

Active Minds is a student group that empowers students to change the perception about mental health on college campuses.

Have questions or want to get involved? Contact activeminds@missouri.edu
I Don’t Have Time to Join a Student Group!
It’s okay if you don’t have time to be a part of a group! Here are other ways you can decrease stigma on your own!

Ask, Listen, Refer Training
This 20 minute training can teach you how to listen to your friends and family when they need help! You can do it from your own computer or at the Wellness Resource Center.

Just visit asklistenrefer.org/missouri

• Encourage your friends and family to seek support for mental, emotional and physical health
• Promote good mental, emotional and physical health
• Take care of yourself!

Have questions or want to get involved?
Contact activeminds@missouri.edu
Campus Resources Free to You!

Join Active Minds
email activeminds@missouri.edu

Counseling Center
119 Parker Hall, 573.882.6601, counseling.missouri.edu

Student Health Center
1020 Hitt St., 573.882.7481, studenthealth.missouri.edu

24-hour Crisis Hotline
1-800-395-2132

MU Police Department
573-882-7201 (or 911 from campus)

Wellness Resource Center
Get a wellness coaching appointment if you are having trouble with time management, stress or sleep!
wellness.missouri.edu

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