

Key Statistics

In June 2020, **40% of U.S. adults** reported struggling with mental health or substance use*

Half of all lifetime mental illness **begins by age 14**, and 75% by age 24*

Suicide is the **second-leading cause of death** among people aged 10-34 in the US and the **10th leading cause of death in the US***

The most common mental illnesses in the US are anxiety disorders, which **affect 40 million adults (18.1% of the population)***

Fraternity and sorority affiliated students have **lower lifetime diagnosis of depression** by a medical professional, but **higher lifetime diagnosis of anxiety****

Fraternity and sorority affiliated students have **higher rates of lifetime use of therapy or counseling**, but **lower rates of current use of therapy or counseling****

Fraternity and sorority affiliated students have a **higher positive rating of campus support systems**, but **lower knowledge of where to go to access mental health services if needed****

*Information and statistics provided by mentalhealthfirstaid.org

**Information and statistics provided by foundationfe.org

JED Foundation

In May 2020, Sigma Pi officially partnered with the JED Foundation for the launch of Sigma Pi Lifeline, an online mental health resource center.



The Jed Foundation (JED) is a leading nonprofit that exists to protect emotional health and prevent suicide for our nation's teens and young adults.

For more information, please visit Sigma Pi Lifeline at sigmapi.ulifeline.org.



A Mental Health & Safety Program





Tips for Mental Health Management

Tips for Managing Stress and Worries

- Practice relaxation techniques such as mindfulness and breathing exercises
- Reduce alcohol intake
- Exercise regularly
- Get enough sleep (7-8 hours per night)
- Develop healthy eating habits
- Consider professional help

Tips for If You Are Feeling Down

- Take care of yourself by following the tips above
- Try to identify what is making you feel down, and if possible, address it
- Take a pause; figure out different ways to react to your situation
- Reach out to your friends, family, or loved ones
- Try to stay active and keep your regular commitments

When to Seek Help

When Should I Consider Seeking Help for a Down Mood?

- If the previous strategies don't help after trying them for two or more weeks
- If your mood prevents you from keeping your regular routine
- If your symptoms match the signs of depression - Self Evaluator at sigmapi.ulifeline.org
- If you have thoughts of giving up or are considering self harm - Text "START" to 741-741 or call 1-800-273-TALK (8255)

Online Resource

People with depression don't all experience the exact same symptoms. The common thread for people experiencing depression is that they struggle with a low mood mostly all day, every day for an extended period of time, often weeks or longer.

For more information, please visit

[***sigmapi.ulifeline.org***](https://sigmapi.ulifeline.org)