

# HOW ARE YOU DOING... REALLY?



**SAY IT  
BRAVE**  
ON CAMPUS

41%

of college students reported struggling with depression\*

34%

of college students reported struggling with anxiety\*

68%

of college students felt lonely and isolated in 2021\*

Say It Brave on Campus is a free virtual and in-person storytelling series bringing education and resources to college communities nationwide by leading mental health advocates and organizations.

## A MENTAL HEALTH SERIES WEDNESDAYS AT 8PM ET

**September 28**

You Don't Have to Do It Alone for  
Suicide Prevention Awareness Month

**October 19**

Smash TALK – Smashing Diet  
Culture on Love Your Body Day

**February 22**

Smash TALK – Not One More for  
Eating Disorders Awareness Month

**April 26**

The Whole Story on Stress in College  
for Stress Awareness Month



**Eating  
Recovery  
Center**



**Pathlight  
Mood &  
Anxiety  
Center**



**Register Today** and be  
part of a community paving the  
way to end mental health stigma.

The Madison Holleran  
**FOUNDATION**

**#HALF  
THE STORY**



**NATIONAL ALLIANCE**  
for Eating Disorders



\*Healthy Minds Network (2021). Healthy Minds Study among Colleges and Universities, year (Winter 2021) [Data set]. Healthy Minds Network, University of Michigan, University of California Los Angeles, Boston University, and Wayne State University. <https://healthymindsnetwork.org/research/data-for-researchers>