

“5 to Thrive” Mental Health Checklist for College Students

☐ Establish healthy habits that work for you

- Schedule stress reduction, physical activity and healthy eating like you schedule classes and homework time

☐ Build resiliency and coping skills

- Practice deep breathing, mindfulness, gratitude and changing negative thoughts into positive ones

☐ Find local mental health support

- Explore your school’s resources and locate counseling services, a primary care provider and pharmacy

☐ Grow and maintain support systems

- Get involved in campus life, meet new people and connect with positive people in your life

☐ Don’t wait to get help

- Seek professional help immediately if your symptoms or emotions are affecting concentration or functioning
- Add the National Suicide Prevention Lifeline to your contacts: 800-273-8255

