“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

Office of the Chief Wellness Officer
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