



6 Things To Remember When Feeling Anxious or Depressed



from an Expert at NAMI

Anyone can experience anxiety or depression, so it helps to be prepared with these tips from an expert at the National Alliance on Mental Illness (NAMI). Keep this list handy for when you or a friend or roommate might need it.

#1

You Are Not Alone

1 in 5 Americans have a mental health condition. A lot of people know how you feel and what you're going through, because they've experienced it themselves.

1 in 5 Experience a Mental Health Condition



#2

Consult a Doctor

If you can see a psychiatrist through your college or university's health services, schedule an appointment with them right away. Mental health doesn't get better by itself.



#3

You're Not "Broken" or "Weak"

What you're experiencing is a medical problem. It's not your fault, and you've done nothing wrong. Similarly, these symptoms—or a need to take medication for them—don't make you a weak person.



#4

Talk With Someone You Trust

Open up to a good friend or close roommate about how you're feeling. You can also tell a therapist. Another safe outlet to consider is your college's "NAMI on Campus" chapter.



#5

Recovery is Possible

While it may be hard to believe right now, it's true that with treatment many people go on to feel much, much better. Some of your best days are ahead.



#6

Call if You Are Having Suicidal Thoughts

Call "911" and ask to speak with a crisis intervention trained (CIT) officer. Many states have CIT officers who can assess your symptoms and help you find the right place to go for treatment.

