Fall Into Mental Health 🍂

By Oliva Cabaleiro

As the October leaves crumble, so do students' mental health.
Research states that about 70% of college students and young adults deal with depression, anxiety, and more. So, what can you do to help yourself or someone else? Many resources and tips can help when life feels like it's falling apart. To boost your serotonin levels (happiness), try going for a walk, getting fresh air, sharing a sweet treat with someone you love, writing in a journal, or talking to someone you trust about what's happening.
Dominican University has resources, including TimelyCare, which provides 24/7 virtual mental health care that students can access through the Okta portal. Another resource is University Counseling Services, which provides a supportive environment for students to make appointments and talk about whatever they need to get off their chest.
Remember, it's okay to feel and express your feelings; just as trees lose leaves, you have to shed to grow even more.



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