

Stall Seat Journal



Mental Health Matters



Mental health can be a taboo subject in today's society. We hear lots of coded language and euphemisms to avoid a potentially uncomfortable topic. In order to address this major issue we must first know, what exactly is mental health?

Mental health is your emotional, psychological, and social wellbeing. Mental health can affect your thoughts, behaviors, and emotions.

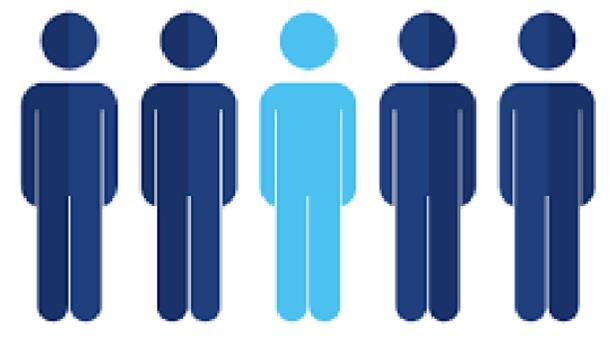
Mental health is part of your overall wellbeing and is equally important as physical health.

Some mental illnesses like depression can increase your risk of physical health conditions; like stroke, cancer, and heart disease.

Quick Facts

- 1 in 5 adults will experience mental illness at some point in their life.
- 60% of college students meet the criteria for at least 1 mental health problem.
- Half of all mental illnesses occur before an individual turns 14.

Mental health can change over time.



Mental health treatment can teach you strategies to manage your emotions and take control of your wellbeing.

Phrases like “man up”, “be a man”, or “tough it out” frame mental health struggles as weakness and imply mental health is gendered. These statements can negatively impact people who identify as men and can isolate them for experiencing what are actually common health issues.

Nearly 1 in 10 men experience some form of depression or anxiety but less than half seek treatment.

One major problem associated with mental health is the stigma that exists in society. This stigma is a major deterrent for individuals to seek help or even talk about their struggles.

Seeking help for mental illness is not a sign of weakness. Engaging in therapy or other support is a sign of courage.

Famous Men with Mental Health Struggles



Michael Phelps
Olympic Swimmer

“I remember sitting in my room for four or five days not wanting to be alive, not talking to anybody. That was a struggle for me. I reached that point where I finally realized I couldn’t do it alone.”



Dwayne “The Rock” Johnson
Actor & Professional Wrestler

“I found that with depression one of the most important things you could realize is that you’re not alone. You’re not the first to go through it...I wish I had someone at that time who could just pull me aside and say, ‘Hey, it’s going to be okay.’”



Ryan Reynolds
Actor & Producer

“I fixate on things. That’s sort of the engine of anxiety. I lay awake at night, wrapping and unwrapping every possible scenario,”

Signs Someone is Struggling with their Mental Health

Personality changes, irritability, socially withdrawn or isolated, decline in self care.

**YOU ARE
NOT ALONE**

How can you
help yourself?

- Talk to a friend
- Exercise
- Take a walk
- Take a nap
- Stay hydrated
- Meditate
- Stretch
- Take time away from technology
- Utilize on & off campus resources

How can you help
someone else?

- Check in with them
- Make time to listen to them
- Offer to do small daily tasks for them
- Encourage them to seek professional help
- Ask how you can be supportive
- Take care of yourself





BLACK HISTORY MONTH



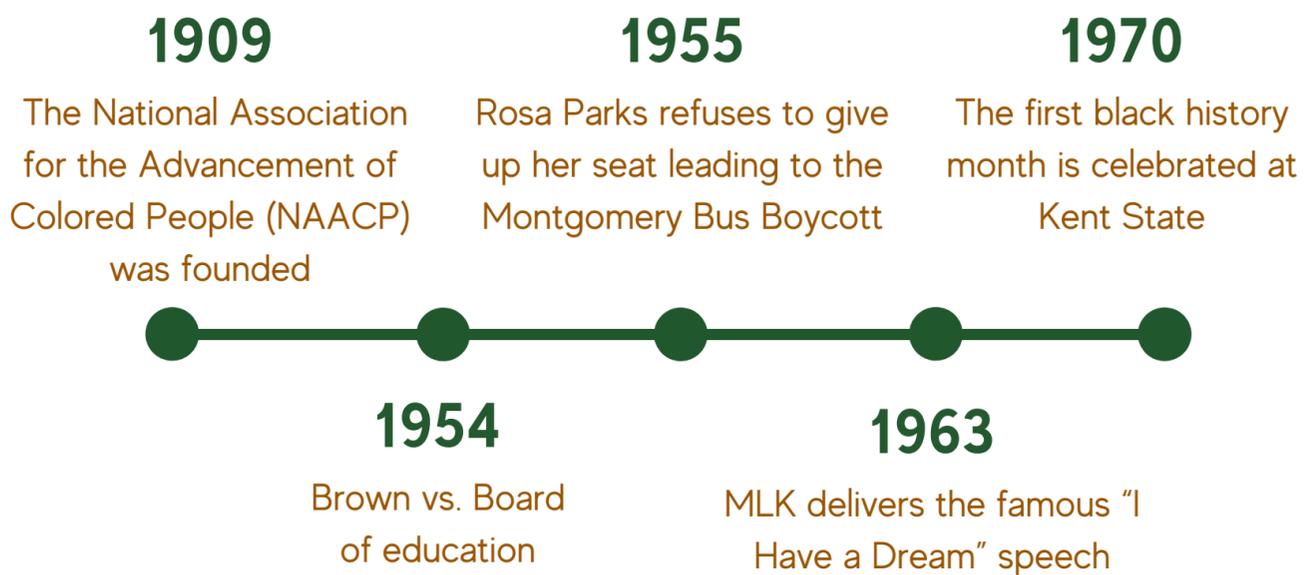
A month to celebrate the cultural heritage and historical accomplishments of African Americans.

When do we Celebrate?

February 1st-March 1st

Why is it important?

To celebrate and honor the accomplishments and individuals who have contributed throughout the history of the United States



IMPORTANT FIGURES



Jackie Robinson

Broke the color barrier in Major League Baseball. He was a trailblazer for the desegregation of all sports.



Dr. Martin Luther King Jr.

Was one of the most prominent voices in the Civil Rights Movement. His activism and powerful speaking skills influenced the federal government to take direct action on racial inequalities in America.



Ruby Bridges

Was the first African American to attend an all-white school. Her bravery was a major step in the integration of public schools.



RESOURCES

Counseling & Testing Center

608-785-8073

2106 Centennial Hall

@uwlctc

UW Mental Health 24/7 Line

888-531-2142

24/7 text, call or chat

Student Health Center

608-785-8558

1300 Badger St, Suite 1030

Wellness & Health Advocacy

608-785-8977

149 Graff Main Hall

wellness@uwlax.edu

 @uwlpeerhealth

 @bewellatuwl

Suicide and Crisis 24/7 Lifeline

988

Trevor Project

LGBTQIA+ 24/7 suicide hotline

text, call or chat

thetrevorproject.org