

MENTAL HEALTH RESOURCES

FOR STUDENTS



▶ If you or someone you know is having a mental health crisis, please call 9-1-1, the [National Suicide Prevention Lifeline](#) at 1-800-273-8255, or text HOME to the [Crisis Text Line](#) at 741741 for immediate assistance.



SLEEP & REST

As much as you're able, get 7-8 hours of sleep a night. Proper sleep is essential for physical and mental efficiency. Take study breaks to process and absorb information. Resting your brain and body are important for retaining information and peak performance.



SELF-COMPASSION

Give yourself grace and compassion when you make mistakes and when things are tough. You are worthy of kindness and understanding too. Practicing self-compassion is essential for your mental and physical health. Self-compassion meditations are a great way to start.



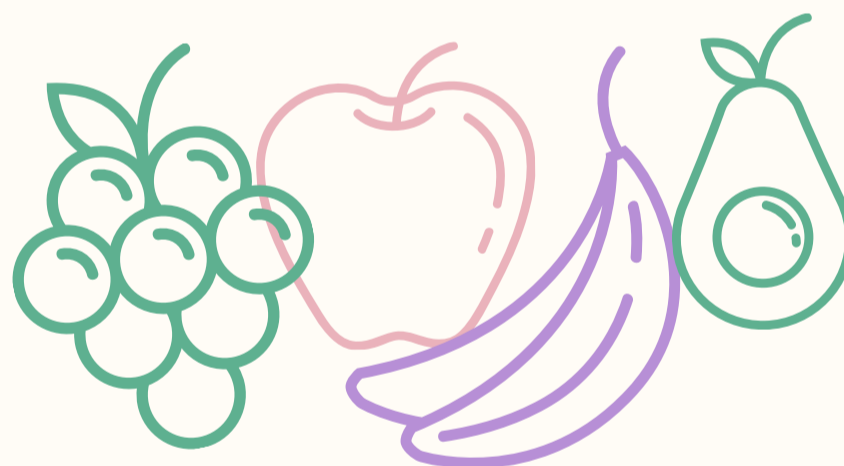
EXERCISE & MEDITATE

Movement nurtures our mind and body and allows them to function properly. Campus Rec offers virtual and in-person group fitness classes and intramural sports. Student Wellness has resources to start practicing meditation and mindful movement.



TALK TO SOMEONE

Sometimes speaking to a professional can help you manage stress, anxiety, and other mental health concerns. Both Student Wellness and Counseling & Psychological Services (919-966-3658) offer confidential and free sessions with professional staff.



EAT A BALANCED DIET

Stress and anxiety can lead to overeating or under-eating. No matter what you're eating or not eating, make sure to balance it out with fruits, veggies, and healthy fats for your body and mind to function properly. Campus Health offers nutrition counseling for additional support.



CONNECT

Healthy social connections help our mental and physical well-being. Make time for fun with family and friends. Take a walk around campus with a friend or roommate, join a student organization, or attend an event on campus. You may just meet a new friend while you're out.

SOURCES | [CAPS](#) & [Student Wellness](#)

ADDITIONAL UNC RESOURCES

- [Accessibility Resources & Service](#)
- [American Indian Center](#)
- [Asian American Center](#)
- [Campus Y](#)
- [Carolina Latinx Center](#)
- [Carolina Veteran's Resource Center](#)
- [Carolina Women's Center](#)
- [Dean of Students](#)
- [Equal Opportunity & Compliance](#)
- [International Student & Scholar Services](#)
- [LGBTQ Center](#)
- [Multicultural Health Program](#)
- [Office of Scholarships & Student Aid](#)
- [Study Abroad](#)
- [Undocu Carolina](#)
- [University Career Services](#)
- [University Office for Diversity & Inclusion](#)
- [University Ombuds](#)